

INSTRUCTIONS FOR HOME CARE AFTER EXTRACTION

PAIN

A certain amount of pain or discomfort following extractions is not uncommon. If you have been given a prescription use as directed if necessary.

BLEEDING

A certain amount of bleeding is to be expected following the extraction. Blood tinged saliva may be seen for about 24 hours. If bleeding occurs after you return home, place and bite firmly on a small moistened gauze pad (about the size of a teabag) directly over the bleeding socket for at least 30 minutes. It may be necessary to repeat this procedure. If bleeding continues soak gauze in tea solution or use a moistened tea bag and bite firmly for one hour. If bleeding continues contact our office.

Do not smoke for at least one week following the extraction. Forceful spitting and excessive physical activity will increase and prolong bleeding, as does bending over and picking up objects. A semi-reclining position and rest for the first few hours is recommended.

DO NOT DISTURB THE BLOOD CLOT

Keep fingers, toothpicks, or other matter that may cause infection out of the mouth. Keep your tongue away from the area of extraction.

Do not use straws.

MOUTH RINSE

Vigorous mouth washing may stimulate bleeding by breaking clots which have formed. If given a prescription for mouth rinse use as directed or you may gently rinse the mouth with warm salt water solution (1/2 teaspoon salt to a glass of warm water) four or five times a day for several days. If bleeding continues, stop all mouth rinsing and follow instructions under "BLEEDING".

You may gently brush the teeth which are not close to the extraction area.

SWELLING

To help minimize ordinary immediate swelling following the extraction, apply an ice pack to the face over the area of extraction continuously, for 48 hours.

The swelling may continue for 24-48 hours, and will first start to disappear at the fourth day post-op.

DIET

It is important to maintain a good diet. A liquid to soft diet is advisable for the first day or so. You should drink plenty of fluids.

POST OPERATIVE CARE

Return to the office for postoperative treatment at the instruction of the Doctor.

UNUSUAL COMPLICATIONS

If extreme swelling, temperature over 101 degrees, or excessive bleeding occurs, call the office for instructions.

Please call if you have any questions or concerns.