



CARE OF MOUTH AFTER EXTRACTION

1. **DO NOT RINSE MOUTH, SMOKE, OR DRINK THROUGH A STRAW** for the remainder of the day. Tomorrow, rinse mouth gently every 3-4 hours, especially after meals, using $\frac{1}{4}$ -1 teaspoon of salt in a glass of warm water. Continue rinses for several days.
2. **BLEEDING**-Following any minor surgical procedure, some bleeding is expected. Your saliva may have a slight pink tinge for 1-2 days. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for $\frac{1}{2}$ hour. Repeat if necessary. A regular tea bag can substitute for gauze.
3. **SWELLING**-Apply an ice pack or cold compress to the outside of your face over the operated area and continue for 15 minutes on, 15 minutes off. Do this for the first 4-6 hours after the procedure. This will keep the swelling and discoloration to a minimum. If a bone graft was placed the swelling may be worse the third day. Bruising is normal for any surgical procedure.
4. **DISCOMFORT**-For mild to average discomfort, use the medication prescribed by the doctor or an over the counter medication recommended by the doctor. In most cases a non-narcotic pain regimen will be given consisting of *Acetaminophen* (Tylenol) and *Ibuprofen* (Advil). These two medications, taken together, will be as effective as a narcotic without any of the side effects associated with narcotics.
5. **DIET-Do not chew** on the side of the surgical site. Light to mild diet is recommended during the first 24 hours. Eat nothing too hot, cold, or spicy.
6. **BONY EDGES**-Small sharp bone fragments may work up through the gums during healing. These are not roots. If annoying, return to the office for their simple removal.
7. **If any unusual symptoms occur, call the office at once, anytime, 24 hours a day.**
8. **Periodontal Dressing**-A periodontal dressing or packing may be applied to the surgical site. If so, follow the same instructions as above in reference to swishing or swabbing. If a dressing was placed in the roof of the mouth area, it is not unusual for the dressing to fall off within the first 24 hours. If a dressing was placed around the surgical site, avoid chewing, brushing/flossing in the area until your follow-up visit. Keep the dressing in place until your follow-up visit. If it comes loose, please call the office for instructions. Use only the mouth rinses prescribed to clean the area.
9. The proper care following oral surgical procedures will hasten recovery and prevent complications. If we can be of further assistance, please call.