



POST OP INSTRUCTIONS FOR EXTRACTIONS

- **Bleeding** – After an extraction a gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30 – 45 minutes and place if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply suction to the blood clot such as smoking, spitting or sucking through a straw.
- **RINSING** – Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with ½ tsp of salt. You can do this every 3 – 4 hours, especially after meals.
- **SWELLING** – Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on the affected area for about 15 – 20 minutes every hour for the next 6 hours.
- **Medications** – If non-aspirin pain medication doesn't relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medication as directed.
- **Food** – A soft diet with plenty of fluids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from the extraction site.
- **Oral Hygiene** – Continue brushing and flossing being extra gentle near the extraction site.
- **Chips** – During healing you may notice small bony fragments working their way through the gums. We can easily remove them if they are too annoying.
- **IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE OFFICE AT (623) 584-0733. AFTER HOURS EMERGENCY VOICE MAIL NUMBER (623) 238-3981**