



CARE OF MOUTH AFTER EXTRACTIONS

1. **Continue biting on gauze for one hour.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place new gauze pads over the bleeding area and bite firmly for one more hour. If it continues please call the office.
2. **Do not rinse mouth today.** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to **a glass of warm water.** Continue rinses for several days. Do not rinse vigorously as this may displace the clot causing dry socket causing pain. If that happens please report to the office.
3. **Swelling.** Ice bag wrapped in a towel should be applied to the skin opposite of the surgical area, one 20 mins. on and 20 mins. off for 4-6 hours.
4. **Pain.** Please take medications as prescribed. For mild pain use medicine you would normally use for a headache.
5. **Food.** A light diet is advisable during the first 24 hours. Avoid excessively hot, spicy, and hard foods, any food with seeds which will irritate area of surgery. Avoid chewing from that side.
6. **Bony edges.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for their simple removal.
7. **No smoking** for 1 week.
8. **No Carbonated Beverages.**
9. **No Drinking** through straws.
10. **No Spitting.**
11. Avoid heavy physical exercise and lifting of weights for 48-72 hours.

THE PROPER CARE FOLLOWING ORAL SURGERY PROCEDURES WILL HASTEN RECOVERY AND PREVENT COMPLICATIONS. IF ANY UNUSUAL SYMPTOMS OCCUR CALL THE OFFICE AT ONCE. OFFICE- (713) 926 8896