

## Tooth Extractions

1. Bite on gauze with pressure for one hour following extraction to promote healthy clotting. If bleeding continues after one hour, repack with gauze and bite again.
2. Reduce activity for 24 hours.
3. Avoid rinsing the mouth, vigorous spitting, sucking through a straw, or alcohol for eight hours. **Avoid smoking for at least 48 hours.** The consequences for smoking can result in a painful dry socket, thus delaying healing.
4. Approximately eight hours after surgery you may begin gentle mouth washes. Rinse with warm salt water ( $\frac{1}{2}$  tsp. salt per glass of warm water) twice daily and after meals. Continue rinses for two weeks.
5. Apply ice packs intermittently to the cheek areas overlying the extraction locations. Apply for 15 minutes on, then 15 minutes off, repeating this sequence for about six hours, or until bedtime.
6. Eat a soft, nutritious diet with plenty of fluids.
7. Take medications as prescribed by your dentist.
8. Some swelling and even bruising is a normal response, and therefore is no cause for undue concern. There will also normally be some discomfort or pain. The prescribed medication should control this discomfort.
9. If prolonged or severe pain, swelling, bleeding, fever or rash occurs, you should contact our office so that specific instructions can be given.
10. Return for appointment for re-evaluation or suture (stitches) removal if indicated by your dentist.