



POST-OPERATIVE EXTRACTION INSTRUCTIONS

Please follow these instructions for your home care:

- Bite on gauze for 20 min to stop heavy bleeding. Expect slight bleeding up to 48 hours after extraction. Continue to use gauze as needed to apply pressure.
- Expect heavy bleeding to return and mild discomfort when anesthetic wears off. This is a normal result of anesthetic no longer being in the area. Continue to apply gauze as needed and take prescribed medications or over the counter pain medications as directed.
- If your pain, discomfort or bleeding continue or worsen after 48 hours, call the office for further instructions.
- Maintain a soft diet for the remainder of the day, such as warm soup or yogurt.
- 2 days following the extraction you may begin GENTLY rinsing with warm salt water. (1/4 tsp of salt to 1 Cup water, every 4 hours for 2 days.)

Any of following things may cause the blood clot over the surgical site to dislodge from the socket, causing a “dry socket” and resulting in unnecessary pain. Should this happen, call this office for further instruction:

- For at least 24 hours DO NOT SMOKE!
- Do not drink through a straw, drink alcohol, carbonated beverages (soda pop), or hot liquids
- Do not blow your nose
- Do not spit excessively

If any problems or question arise, please feel free to call the office. If you feel you are experiencing any emergency, call 911, or go the emergency room.

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