

CARE OF MOUTH AFTER EXTRACTION:

1. DO NOT SMOKE, DRINK THROUGH A STRAW, OR CREATE ANY UNNECESSARY SUCTION IN THE MOUTH FOR THE NEXT 72 HOURS. A blood clot is currently forming in the extraction site and the above can cause this to dislodge and create a painful condition known as a "Dry Socket"
2. DO NOT RINSE MOUTH OR SPIT TODAY. Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using 1/4 teaspoon of salt to a glass of warm water. Continue rinses for the next several days while initial healing is occurring. Allow rinse to simply "fall out" over the sink without a forceful spitting action.
3. BLEEDING. Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads (included in this pack) over the bleeding area and bite down firmly for a 1/2 hour. Repeat if necessary. DO NOT TAKE ASPRIN AS THIS WILL THIN THE BLOOD CREATING PROLONGED BLEEDING.
4. SWELLING. Ice bag or chopped ice wrapped in a towel should be applied to operated area. 1/2 hour on, 1/2 hour off for 4-5 hours.
5. PAIN. IBPROFEN is advisable following an extraction. Up to 800mg (Equivalent to 4 Ibuprofen / Advil) every 6 hours for the first 3 days will help with inflammation and bruising. DO NOT EXCEED 16 IBPROFEN IN ANY 24HR PERIOD. Stronger pain medications prescribed to you may be taken ONLY WHEN ABSOLUTELY NECESSARY.
6. FOOD. Light diet is advisable during the first 24 hours. Soft foods at room temperature are best. Avoid hot temperature foods and spicy foods.
7. BONY EDGES. Small sharp bone fragments may work up through the gums during healing. These are NOT roots or teeth; if annoying or painful, return to this office for their simple removal.