



### **EXTRACTION POST-OP INSTRUCTIONS**

1. DO NOT RINSE MOUTH TODAY
  - Tomorrow, rinse your mouth gently every 3-4 hours (Especially after meals) using ¼ teaspoon of salt into a glass of warm water. Continue the rinses for several days.
2. BLEEDING
  - Following an extraction, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the bleeding area and bite down firmly for 30 minutes. Repeat if necessary.
3. SWELLING
  - Some swelling is to be expected. Use an ice bag or chopped ice wrapped in a towel and apply to the area for 30 minutes on and 30 minutes off for 4-5 hours.
4. PAIN
  - For mild discomfort, use any non-aspirin medication that you like. Tylenol and Ibuprofen work well.
5. FOOD
  - A light diet is advisable during the first 24 hours. Avoid foods with small seeds during the first couple of weeks. Do Not use a straw, as this will create unwanted suction and can cause complications.
6. BONY EDGES
  - Small sharp bone fragments may work themselves up through the gums during healing. These are not roots. If bothersome, return to the office for a simple removal
7. SMOKING
  - We Suggest that you avoid any smoking for a minimum of 5 days to avoid complications with healing
8. ACTIVITY
  - Avoid strenuous activity for 3-4 days following your surgery
9. If the muscles in your jaw become stiff or sore, the use of a warm moist heat applied to the area will help to relax those muscles