

## POST-EXTRACTION INSTRUCTIONS

- Unless otherwise specified, all regularly taken prescriptions and vitamins should be continued without interruption.
- **Rinse:** Begin rinsing 48 hours after your surgery. Use ½ teaspoon of salt to one glass (8oz) of warm water. Rinse 3-4x a day, especially after meals, for one week.
- NO smoking, spitting, or using straws for one week.
- **Bleeding:** following extraction, some oozing of blood will occur. If bleeding persists, fold the 2"x2" gauze pads and place over the bleeding area and bite firmly for ½ hr. repeat.
- **Swelling:** an ice bag, or ice wrapped, in a thin towel should be applied to the outside of the face over the surgical area. Apply for ½ hour on, ½ hour off, repeat.
- **Pain:** a prescription for pain medication will be given or phoned in.
- **Antibiotics:** a prescription for antibiotics may also be given depending on presence and severity of infection. We recommend taking probiotics such as acidophilus at the same time.
- **Anxiety:** a prescription for "valium-like" medicine will be given upon request. A separate consent form for this medication must be signed.
- **Food:** soft foods are recommended for 5-7 days. Protein shakes, fruit smoothies, yogurt, applesauce, scrambled eggs, puddings... etc.
- **Bony Edges:** small sharp bone fragments may work up through the gums during healing. These are not roots. If irritating, they can easily be removed in our office.
- **Bruising:** may occur in the surgical area and may last up to 2 weeks.
- **No Alcohol:** Alcohol thins the blood. It can slow the healing process.
- **Keep head elevated:** keep head above heart level for first 24 hours.
- **Water:** drink plenty of water. Hydration is very important to promote healing.
- Do not engage in strenuous physical activity for one week. Make sure to get plenty of rest.
- If any usual symptoms arise, please call our office immediately.