

# Dental Depot



## SPECIAL INSTRUCTIONS FOR CARE OF THE MOUTH AFTER EXTRACTION

**RINSING** Do not rinse your mouth today! Tomorrow rinse your mouth gently once every 3 to 4 hours using  $\frac{1}{4}$  teaspoon of salt in a glass of warm water. Continue these rinses for several days.

**BLEEDING** Following extractions, some bleeding or oozing of blood is to be expected. If persistent bleeding occurs, place a gauze pad over the extraction site and bite down gently, but firmly for  $\frac{1}{2}$  hour. Repeat if necessary.

**SWELLING** In order to minimize swelling, use an ice bag or chopped ice in a towel on the outside of your face over the extraction area. Use for  $\frac{1}{2}$  hour and  $\frac{1}{2}$  hour off for 4 to 5 hours.

**PAIN** For mild pain, use any over the counter medication such as Tylenol or Advil. If we have given you a prescription for a stronger pain medicine, follow the directions on the prescription. Do not take more medicine than directed on your prescription.

**FOOD** Be sure to maintain proper nutrition following extractions. A diet which is both light and soft is recommended for the first day after routine extractions. No carbonated beverages for the first 24 hours.

**SMOKING/STRAWS** While smoking is never good for you, ***DO NOT SMOKE*** for several days after an extraction in order to prevent a painful dry socket condition. Smoking or sucking juice or fluids through a straw might dislodge the healing blood clot covering that forms over an extraction site.

**BONY EDGES** Often times, bony pieces or fragments may work their way through your gums during the healing process. These are not tooth roots. If they do not work their way out of the gum or if they become an annoyance, please return to the office for a simple removal.

**UNUSUAL SYMPTOMS** If you experience any unusual symptoms, please call the office you in which you were treated at once.

**YOUR PROPER CARE AND ATTENTION TO THESE INSTRUCTIONS WILL SPEED YOUR RECOVERY AND PREVENT COMPLICATIONS FOLLOWING DENTAL PROCEDURES.**