

EXTRACTION- POST OPERATIVE INSTRUCTIONS

- When you leave the office, you will be biting on some gauze. Please continue to bite with firm pressure for 15 to 20 minutes. At this time, remove the gauze, as bleeding will typically be stopped.
- If bleeding persists, place another packing over the extraction site. Make sure to fold the gauze into a pillow and bite down with firm pressure. If heavy bleeding continues, please call our office immediately,
- If medication was recommended after your procedure, please take as directed.
- Please avoid smoking, alcohol, and carbonated beverages for at least 24 hours. Spitting or sucking through a straw should also be avoided. This can cause a dry socket which is very painful.
- Please eat soft foods on the day of surgery and avoid foods as peanuts, popcorn or rice for a couple of weeks until the extraction site has healed over.
- Do not brush your teeth the day of surgery. After 24 hours, you can brush and floss like normal. Careful around the extraction site.
- If needed, you may rinse gently with a warm saltwater rinse. (1 teaspoon salt to 6 to 8 oz of water) This will cleanse the extraction site. You may continue to do daily for approximately 1 week.