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POST EXTRACTION INSTRUCTIONS

1. **MOUTH RINSE.** Do not rinse your mouth or spit for the first 24 hours after surgery. If possible, please refrain from smoking during this critical period. Avoid drinking through a straw within this initial healing period. Starting tomorrow, gently rinse your mouth 3-4 times a day (especially after meals) with a solution consisting of a teaspoon of salt in an 8oz. glass of warm water to speed healing. Continue the rinsing process for several days to keep the site clean and free from potential infection.
2. **BLEEDING.** Light bleeding for the first 12-24 hours following surgery is not unusual. Maintain firm biting pressure on the gauze given to you for 30 minutes. Replace with new gauze (or a teabag) and bite firmly for another 30 minutes. Repeat as necessary until bleeding stops. If heavy bleeding persists, call the office promptly.
3. **SWELLING.** Some swelling is to be expected following surgery. To minimize swelling, apply an ice pack to the outside of your face adjacent to the extraction site, 20 minutes on and 20 minutes off. Repeat only during the first 4-5 hours after surgery.
4. **MEDICATION.** Take all medications as directed. To minimize discomfort, start your prescribed medicine for discomfort as soon as you return home. Please be certain to avoid any product containing aspirin.
5. **DIET.** A soft or liquid diet is advisable for the first 24-48 hours. Consider juices, soups, jello, fruit, yogurt smoothies, soft cereal and liquid nutritional supplements (Ensure).
6. **ADDITIONAL COMMENTS.** Avoid strenuous activity for the first 24-48 hours. A sore throat or limitations of jaw movement is not unusual.
7. **PLEASE CALL IF YOU NEED HELP.** Feel free to contact our office at 818-347-3971 if you have any further questions regarding your dental treatment.