



TOOTH EXTRACTION HOME CARE INSTRUCTIONS

The following instructions are for your safety and comfort. Please read thoroughly.

1. **Apply gentle pressure to the gauze pad in the extraction site for 45 minutes following surgery.**
After this, remove used gauze and place clean moistened gauze for 45 additional minutes. The site may ooze for 24 hours, so don't be alarmed if it does.
 2. **Don't rinse your mouth or spit for the first 24 hours.**
 3. **Don't smoke for at least 3 days following surgery.** Most problems after surgery are related to smoking.
 4. **Alternate Ibuprofen (Motrin or Advil) every 6 hours with Tylenol. (If you don't have allergies to these medications or reasons that you can't take them.)** Take stronger pain medicine only if prescribed. Take antibiotics IF prescribed.
 5. **Eat soft, mild foods (mash potatoes, rice, grits, soup).** Nothing too hot or spicy.
 6. **Place ice pack wrapped in cloth on face** area nearest extraction site for the first 24 hours. 10 minutes with ice on, then 10 minutes with ice off, etc. Swelling and bruising may get worse up to the third day after surgery, so don't be alarmed if it does.
 7. **After the first 24 hours, begin rinsing gently with warm salt water** 3 times a day, for 7 days following surgery. (Gentle rinsing = marinade the area)
 8. **If stitches were placed** in surgery site, they will dissolve in 2-5 days, unless your Dentist told you to return to have them removed.
 9. **Avoid straws, carbonated beverages, and alcohol during the initial healing process.**
 10. **Don't over-exert yourself.** Examples: aerobics, yard work, etc. Rest with your head elevated (above the heart)
 11. **Don't "pick" at surgery site.**
- *If you have any questions or concerns do not hesitate to contact your dental office for clarification. We are here to help.**