

Extraction

Post-Operative Care

- Avoid smoking for 48 hours
- Avoid sucking on a straw for 48 hours
- Avoid spitting for 48 hours
- Avoid heavy lifting for 48 hours
- Soft foods and liquids recommended 2-3 days after extraction
- Rinse with warm salt water 4 times a day for 2 days (start tomorrow)
- Gently brush close area after second day
- Place cold towel or and ice pack on your face for the first 6-8 hours (5 minutes on, 5 minutes off) to decrease swelling
- Keep fingers and tongue away from the socket until completely healed
- Following an extraction it is normal for you to experience some discomfort, if any medications are prescribed take as directed
- Bleeding- it is normal for saliva to be slightly streaked with blood for 1-2 days
- If abnormal bleeding occurs place a gauze or a dry tea bag over the socket and bite with moderate pressure for several minutes and repeat until bleeding stops
- If you are supervising a child that is numb, watch them carefully to make sure they do not bite their cheek

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