



## Post Surgical Instruction

At today's visit you had one or more teeth extracted. Your comfort is extremely important to us. These are some of the things that you may be asked to do in order to assist the natural healing process.

- ◆ Maintain gentle pressure for 30 minutes by biting on the gauze that has been placed over the extraction site. We have provided extra gauze for you to change as needed. If bleeding continues keep bite pressure on the gauze for another 30 minutes. You may notice the gauze or your saliva is a reddish color. This is normal. If you develop large clots or flowing blood, please call the office immediately. This is not normal.
- ◆ Swelling and/or bruising may occur. The use of ice packs during the first 24 hours may help to reduce this from occurring. (15 minutes on and 15 minutes off.)
- ◆ Do not rinse for 24 hours. Please do drink plenty of fluids.
- ◆ Starting tomorrow rinse with warm salt water several times a day. (1/2 teaspoon salt in an 8 ounce glass of warm tap water.)
- ◆ Medications will be prescribed if we feel they are necessary for discomfort or infection. Anti-inflammatories such as Motrin, Advil or Alleve should be able to manage the discomfort.
- ◆ Eating properly is important following surgery. Start with a soft diet today, continue it tomorrow and resume your regular diet the following day. Avoid popcorn and foods with seeds.
- ◆ For today and tomorrow: Do not participate in strenuous exercise. Do not drink through a straw. Avoid smoking and alcoholic beverages. All of these activities can dislodge the blood clot and cause uncomfortable complications.