



Post-operative Instructions After Extractions

- Bite on gauze placed over extraction site for 30 minutes to stop any bleeding. If bleeding continues, replace gauze and continue to apply pressure.
- Do not rinse your mouth the day of surgery. Tomorrow morning, start rinsing gently with warm salt water (1/2 teaspoon salt to 1 cup water), every 4 hours for 2 days.
- Swelling – An ice bag or a cold moist cloth should periodically be applied to facial area. Apply to operated area ½ hour on and ½ hour off for 4-5 hours.
- Food - A light soft diet for the first 24 hours.

Maintain a soft diet for the remainder of the day.

For at least 24 hours, DO NOT:

- Smoke
- Drink through a straw
- Drink alcohol, carbonated beverages, or hot liquids
- Blow your nose
- Spit excessively

Call the office if:

- Pain, discomfort or bleeding worsens
- Small sharp bone fragments work up during healing, causing discomfort

Please take any medication as instructed.