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POST-EXTRACTION INSTRUCTIONS

GENERAL CARE

- Avoid strenuous activity for 48 hours.
- Do not smoke. Avoid aspirin, alcohol, and hot temperature food or beverage.
- Ibuprofen (Advil, Motrin) is ideal for minimizing postoperative pain.
- Mild bruising is normal and may be reduced by applying ice packs 10 minutes on, 10 minutes off.

ORAL CARE

- Bite on gauze for the first 30 minutes after extraction.
- Apply fresh gauze for an additional 30 minutes any time bleeding continues. If you run out of gauze a tea-bag may be used.
- Do not rinse for the first 24 hours. After the first 24 hours rinse gently with warm salt water.
- Brush and floss as normal, but be careful not to disturb the surgical site.
- AVOID: Smoking, using a straw, or otherwise creating suction in your mouth, alcohol, hot food and beverage, aspirin

Extensive bruising, swelling, bleeding, or severe pain needs to be evaluated by the dentist. Call the office if you experience any of these symptoms. We have a 24 hour emergency doctor on call: 508-668-8008