

POST EXTRACTION CARE INSTRUCTIONS

DO

- DO keep a steady yet firm pressure with the gauze in you mouth for 45 minutes. This will enable a clot to form. After 45 minutes, if there is bleeding still present, re-apply gauze to the extraction site and apply pressure for 45 minutes.If after the second gauze is applied and there is still bleeding present, place a wet tea bag over the extraction site and apply a steady, firm pressure. This will enable clot formation to occur.
- DO place an old towel over your pillowcase tonight to avoid staining it.
- DO (AFTER 24 HOURS), begin rinsing with warm salt water (1 tsp in 8 oz of water) three times daily for one week . This will aid in healing.
- DO eat soft foods (Eggs, soup, yogurt, cheese) for 24 hours.
- DO make sure to take any pain medication as directed.
- DO know that snoring may increase your risk of developing a dry socket.
- DO know that you will be generally "numb" for as long as 8 hours after the extraction, depending on the medication used. This is to permit you time to take your pain medication as directed prior to regaining feeling in the area of the extraction. In rare instances, prolonged numbness may occur.

It is very normal to be sore in the area of the extraction for up to one week. If you feel that the pain is increasing day by day, in particular, the third to fifth day post-extraction, please call the office. Most likely a dry socket has formed and a packing must be placed into the extraction site. If you have excessive pain, bleeding, or swelling after the extraction, please call the office at (989) 792-8315.

DO NOT (These actions may all cause a dry socket to develop)

- DO NOT smoke for 3 days.
- DO NOT spit for 24 hours. If you feel the urge to spit, let the spit dribble out onto a paper towel.
- DO NOT eat any rice for one week.
- DO NOT use alcohol-based mouthwashes for three days after the extraction.
- DO NOT chew gum or suck on candy or mints for 3 days.
- DO NOT sip on water from water bottle for 3 days.
- DO NOT drink alcoholic beverages for 3 days.
- DO NOT drink carbonated beverages for 3 days.
- DO NOT place tongue in extraction site.
- DO NOT suck through a straw for 3 days.
- DO NOT rinse for 24 hours.