



CARE OF YOUR MOUTH AFTER TOOTH EXTRACTION

1. **DO NOT RINSE YOUR MOUTH TODAY** – Tomorrow rinse your mouth gently every 3 to 4 hours (especially after meals) using $\frac{1}{4}$ teaspoon of salt to a glass of warm water. You can also use Listerine. Continue rinses for several days.
2. **BLEEDING.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for $\frac{1}{2}$ hour. Repeat if necessary.
3. **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to the operated area 15 minutes on and 15 minutes off for 4 to 5 hours.
4. **PAIN.** For mild to average pain use any ibuprofen type of medication you like. (Advil)
5. **FOOD.** Light diet is advisable during the first 24 hours.
6. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if they are annoying please return to our office for their simple removal.
7. **SMOKING.** If you smoke please refrain from smoking for 48 hours. Smoking may break down the blood clot.
8. If any unusual symptoms occur, call the office at once.
9. The proper care following oral surgical procedures will hasten recovery and prevent complications.