

POST-EXTRACTION INSTRUCTIONS

CARE OF THE MOUTH

Do not do anything that will disturb the extraction site for the rest of the day.

Do not rinse your mouth for the first 18 hours. Thereafter, rinse with ½ teaspoon salt in a glass of warm water 3-4 times a day.

BLEEDING

After gauze back has been placed; apply firm biting pressure for 30-60 minutes. You can then remove. If heavy bleeding occurs call the doctor.

SWELLING

Some swelling may occur. Apply ice pack if necessary for the first 18-24 hours to minimize swelling and pain. Thereafter, apply heat to promote healing and drink warm liquids.

FOOD

Avoid eating coarse, crunchy, spicy or acidic foods. Avoid alcoholic beverages. Eat a light diet of soft foods for the first 24 hours. Avoid hot beverages for the first day. Begin brushing your teeth the day after extraction.

MEDICATIONS

If medications were ordered, take them as prescribed. If no medications were prescribed, you may take aspirin, Tylenol or ibuprofen every 4 hours as needed.

SYMPTOMS

You can expect to have some pain, swelling and mild bleeding. If these symptoms worsen, contact the doctor. If the office is closed, you can page Dr. Rooney at 215-820-3927.

NO'S

For the next 24 hours: No Smoking. No drinking through a straw.