

# Instructions after Tooth Extraction

Please bite on the gauze pad for 30 to 45 minutes and then discard it using your fingers (DO NOT SPIT)

After the blood clot forms, it is important not to disturb or dislodge the clot, especially for the first 24 hours. Do not smoke, suck through a straw, rinse vigorously, or brush near the extraction site for one to two days.

Apply ice externally and intermittently to the affected area only on first day.

Please take prescribed pain medications and antibiotics according to schedule. Do not discontinue until course is over

After 24 hours, you may gently rinse your mouth with salt water three times a day (one teaspoon of salt in one cup of warm water, rinse-swish-spit).

Drink lots of fluids, and eat soft food on the opposite side from the extraction site. Avoid alcoholic beverages and hot or spicy foods. You may resume normal eating as soon as you are comfortable.

Contact the office immediately if you have heavy uncontrolled bleeding, severe pain, fever, continued swelling post 5 days on 8097292500