

EXTRACTIONS

Follow these instructions for at least three days.

Start warm salt water rinses tomorrow do not rinse your mouth tonight.

Mix an 1/8 to ¼ of a teaspoon of salt with 8 oz cup or a coffee cup with warm water, when rinsing your mouth do not vigorously rinse, tilt your head from side to side and allow the water to drain out of your mouth over the sink.

Stay away from any form of suction, like sucking out of straws, carbonated beverages, smoking; if you do smoke make sure you bite on damp gauze while smoking. Do not suck on the extraction site.

After you leave you need to change your gauze every 15-20 minutes for the first hour. You should not need it after that. If you notice blood pooling out of the socket after the first hour you can bite on the wet tea bag provided in your post-op care package, the tannins in the tea help clot your blood. A little bit of blood mixed with your saliva will look like a lot of blood. It's normal to see blood on the gauze.

Ice the area of the extraction with an ice bag, covered with a paper towel or wash cloth, on the outside of your mouth. Do this for twenty minutes on, then 20 minutes off. Do this for at least 1-2 hours. The more you can ice the area the better you will feel over the next three days.

If you are prescribed an anti-inflammatory pain medication like Ibuprofen in conjunction with a stronger medication like Vicodin it is important that you alternate the medications. They are both to be taken every six hours so what you should do is try to take one or the other every three hours, similar to playing leapfrog. Take the medication only if it is needed.

Brushing after Extraction

Avoid brushing near the extraction site the 1st day. The following days brush carefully around the extraction site, but make sure you're trying to keep your mouth as clean as possible. Be very careful rinsing or spitting. Use only a small amount of toothpaste. Do not use any mouth wash and absolutely do not use Hydrogen Peroxide. It will completely dissolve the blood clot and you will get a dry socket.

If pain persists beyond three days or goes away and comes back you may have an infection, Dry socket or bone spur. We will need to see you if you suffer from any of these, so please call the office for a follow-up visit.

Thank you for taking the time to read these important instructions it is imperative you follow this advice to prevent complications and any more pain than necessary.