

Aftercare instructions for Teeth Extractions

- 1). **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow, rinse your mouth every 3-4 hours (especially after meals) using ¼ teaspoon of salt and warm water. Continue rinsing for several days.
 - 2). **Bleeding:** Following extractions, some bleeding is to be expected. Bite down on gauze for at least 30 minutes right after extraction. If persistent bleeding occurs, place gauze pads over the bleeding area and bite down firmly for 30 more minutes. Repeat, if necessary.
 - 3). **Swelling:** Ice pack or chopped ice wrapped in a towel should be applied to the operated area, 30 minutes on and 30 minutes off for 4-5 hours.
 - 4). **Pain:** For mild to average pain, use any non-aspirin type of medications.
 - 5). **Food:** Light diet is advisable during the first 24 hours.
 - 6). **DRY SOCKETS:** To reduce the risk of a dry socket, NO spitting, NO smoking, and NO use of straws for 48 hours.
 - 7). **Bony Edges:** Small sharp bone fragments may work up through the gums during healing. These are not the roots. If the mentioned fragments are annoying, please return to our office for their simple removal.
- ** If you experience any unusual symptoms, please call our office at (262)-563-9100. Following proper care of oral surgical procedures will speed up your recovery and prevent complications.

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