



## ***POST-EXTRACTION INSTRUCTIONS***

Please **refrain** from rinsing, spitting or drinking through a straw for the first 24 hours following surgery. This may dislodge the clot.

**No smoking** for the first few days following surgery. Smoking may delay healing.

**Bite** on the gauze for approximately **1 hour** following the surgery. Small amounts of oozing may occur during the first 24 hours post-operatively. This is normal. If more bleeding should occur, continue to bite on the gauze for another hour.

Apply ice to face; 20 minutes on, then 10 minutes off, for the first 24 hours. This will help to reduce /limit the amount of swelling. Do not apply ice after the first 24 hours!

Please remain awake for **2 hours** after being discharged. Begin taking analgesic medications as instructed as soon as possible.

You may start to rinse your mouth with warm salt water (1/2 teaspoon salt to 8 oz. water) **24 hours** following surgery. Continue this for 10 days at a rate of three times daily. Please **do not** brush your teeth for 24 hours and do not use mouthwash for approximately 1 week.

It is important to maintain adequate nutrition during recovery. Make every effort to drink fluids and eat soft foods following surgery, as tolerated. Have a small meal as soon as you arrive home, preferably before taking pain medication. Narcotic pain relievers can cause nausea or a queezy feeling if taken on an empty stomach.

Please call the office if you have any questions or difficulties. The doctors are available 24 hours a day through the office answering service.