

HERMITAGE DENTAL GROUP



Post-op Instructions for Extractions

***BLEEDING:**

Some bleeding is normal after any extraction. Bite on gauze pad for 15 minutes. If bleeding has not subsided, use a fresh pad for an additional fifteen minutes. Repeat if necessary.

***PAIN:**

Some discomfort may be experienced following oral surgical procedures. One or two Aspirins/Tylenol/ Ibuprofen will usually relieve the pain. Repeat as necessary.

DO NOT RINSE MOUTH OR USE MOUTH WASH:

Tomorrow use salt solution (one teaspoon of salt dissolved in a glass of warm water) every three hours to cleanse the affected area. Gently swish for the next 72 hours. **DO NOT Spit.** Let solution trickle out of mouth.

***SWELLING:**

Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply ice bag for a ten minute interval. Remove for ten minutes. Repeat until swelling is relieved.

***EATING:**

Soft food is desirable. Avoid very hot, cold, or spicy liquids. Avoid getting particles of food into the extraction site.

*** NO SMOKING or USING A STRAW:** refrain for 72 hours

**REMEMBER TO CALL OUR OFFICE PROMPTLY IN CASE OF SEVERE PAIN,
EXCESSIVE BLEEDING OR ANY UNUSUAL DEVELOPMENT.**

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