



How to Care for Your Mouth Following an Extraction(s)

GENERAL INSTRUCTIONS

- 1 Do not rinse your mouth today.** Tomorrow, rinse your mouth gently every three to four hours (especially after meals) using one-quarter teaspoon of salt mixed in a glass of warm water. Continue these rinses for several days.
- 2 Bleeding.** Following extractions, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hour. Repeat if necessary.
- 3 Swelling.** Apply an ice bag or chopped ice wrapped in a towel to the area operated on—one-half-hour on, one-half-hour off—for four to five hours.
- 4 Pain.** For mild to average pain, use any non-aspirin type of pain relieving medication. Advise your doctor if you're experiencing severe pain. If you have been given a prescription medication, take as directed.
- 5 Food.** A light diet is advisable for the first 24 hours. Only eat soft foods: soup, Jello, apple sauce, yogurt, etc. Avoid hard foods such as French bread, peanuts, and taco chips.
- 6 Bony edges.** Small sharp bone fragments may work up through the gums during healing. These are not roots. If this process is annoying, return to this office for simple removal.
- 7 If any unusual symptoms occur,** call the office immediately.

GENERAL INFORMATION

The proper care following oral surgical procedures will hasten recovery and prevent complications. **Please don't hesitate to call us with any questions or concerns you may have: (202) 244-4111.**