

INSTRUCTIONS FOLLOWING 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. Over the counter pain relievers, taken as directed, will usually relieve the pain.

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.

MOUTHWASH

Do not rinse mouth today. Tomorrow, *gently* rinse using a salt solution (one teaspoon of salt dissolved in a glass of warm water) every three hours to cleanse the affected area.

EATING

Soft food is desirable. Avoid very hot, cold or spicy foods or liquids. For the first 24 hours *avoid* smoking, drinking alcohol, drinking from a straw and vigorous rinsing.

Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.