

**Instructions After Extractions**

1. Following dental surgery, it is normal for pain and discomfort. Take all medication as directed.
2. Diet: A liquid or soft diet is advisable during the first 24 hours (i.e. ice cream, fruit smoothies, instant breakfast, mashed potatoes, warm soup) Be sure to drink plenty of fluids.
3. Keep fingers and tongue away from socket.
4. Bleeding: It is normal for slight oozing to occur from the socket for 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze over the extraction site and bite down for 30-45 minutes.
5. Do not smoke, drink out of a straw, or spit. Do not rinse mouth until the following day.
6. Starting on day two, rinse with warm salt water 4 to 5 times a day, but do not spit actively. (Let the water fall out of your mouth.)
7. Swelling of the jaw and stiffness of the joint is normal after extraction. Place cold towels or an ice bag to your face for the first 6 to 8 hours. Leave it on for 15 minutes and off for 15 minutes.
8. If sudden pain develops on the 3<sup>rd</sup> or 4<sup>th</sup> day or if undue symptoms develop, call the office immediately. If it is after office hours, an emergency contact number will be on the answering machine.
9. Other instructions: