



Care After Extractions

- ✓ Bite firmly on the gauze pad for 1 hour. Some bleeding following tooth extraction is to be expected. If it persists, continue biting firmly on gauze or a moist tea bag. Repeat if necessary.
- ✓ If swelling occurs, use an ice pack for 10 minutes. Repeat half hour later. Swelling may occur after extraction but is no cause for alarm.
- ✓ Don't rinse mouth for 6 hours. Keep fingers and tongue away from socket. Avoid hot liquids.
- ✓ For 24 hours, diet should consist of soft and smooth foods. No straws, since sucking action may disturb the clot in the socket. Next day rinse mouth with $\frac{1}{4}$ teaspoon of salt in $\frac{1}{2}$ cup of warm water every 4 hours.
- ✓ Use Tylenol for discomfort as needed.
- ✓ In case of any further problems, please call our office for assistance. Our phone is answered 24 hours every day.