

CARE OF MOUTH AFTER EXTRACTION

1) For the first six (6) hours following an extraction please **do not** do any of the following: Smoking, Using a straw, Blowing up balloons, Blowing your nose, and Consuming any alcoholic beverages.

2) **DO NOT RINSE YOUR MOUTH TODAY.** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue this for several days.

3) **BLEEDING.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place the gauze pads (moist) that I gave you over the bleeding area and bite down firmly for one-half hour. Repeat if necessary.

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4) **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to the area - one-half hour on and one-half hour off for 4-5 hours.

5) **PAIN.** For mild to average pain you may use any non-aspirin-type of medication that you like (e.g. Tylenol, Motrin).

6) **FOOD.** A light diet is advisable during the first 24 hours.

7) **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. This is normal, but if they become annoying, please call us.

8) If any unusual symptoms occur, please call us - **508-376-5448.**

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