



## POST TREATMENT INSTRUCTIONS – TOOTH EXTRACTIONS

Today you had a tooth extracted. Some of the things you should know about today's visit.

- 1) Maintain gentle pressure by biting on the gauze that has been placed over the surgical area. If bleeding persists, bite on a tea bag which has been moistened and wrapped in a piece of gauze. Keep steady firm pressure for 30 minutes. Repeat as often as needed.
- 2) Avoid all excessive activity. Don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established.
- 3) Gently apply ice packs to the area for periods of 20 minutes on and off. Do this only for the first 24 hours.
- 4) Following dental surgery, it is normal to experience some discomfort. Take medication as instructed.
- 5) Do not rinse or use mouth wash for at least 24 hours. After 24 hours, rinse with warm salt water.
- 6) Adequate food and fluid intake following surgery or extractions is important. Try eating soft foods or supplement your diet with liquids such as Carnation Instant Breakfast.
- 7) Carefully brush the areas of the mouth not affected by the surgery. A clean mouth heals faster.
- 8) If sutures are used, do not fail to return for their removal.
- 9) For generalized rash, itching, etc., call the dentist immediately.

Our mission is to take care of your teeth before you have any problems. The surest way to avoid any pain, discomfort and expensive procedures is early detection during preventative care visits (also known as "cleanings").

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