

## **Post Extraction Instructions**

- 1) Keep biting on gauze we have left in place for the next 45 minutes. Don't change it.
- 2) We are giving you extra gauze pads, if socket is bleeding on removal of gauze pads, roll up 2 or 3 pads and place DIRECTLY over extraction site. Bite down with firm pressure for 1 hour, check again, and repeat this at 1-hour intervals until bleeding stops. NOTE: expect oozing or taste for 24 hours. If you continue to see bright red blood after 24 hours, please call us and inform us of this. 334-792-0997
- 3) Prescriptions: If you received a prescription, please fill it as soon as possible and take 1 tablet every 3 to 4 hours as needed for pain.
- 4) If no prescription was given, you can take extra strength Tylenol every 3 to 4 hours as needed for pain. Please take medications with food and according to label. You can expect the pain to subside within a day.
- 5) It is OK to eat or drink in several hours. Foods should be soft and warm or cold, please don't eat hard or very hot foods within 24 hours.
- 6) Do not rinse mouth vigorously today, however you can use warm salty water rinse starting tomorrow. Use 1 teaspoon of salt in one glass of warm water and gently rinse 2 to 3 times per day.
- 7) No vigorous activity today, don't overheat your self, protect your blood clot.
- 8) Use cold compresses if indicated, place towel in ice and water and place on face for 30 minutes and leave off face for 30 minutes. Do this for 2 hours in the morning and afternoon.
- 9) Please refrain from smoking and alcoholic beverages for the next 24 hours.
- 10) If sutures were placed, please return to the office in one week for removal.
- 11) Please be sure to brush your teeth as usual; just avoid brushing the extraction site. This helps to keep down bacteria that can cause infection.