

Care of Mouth after Extraction(s)

1. **No Smoking for 24 hours.**
2. **No sucking on or through anything for 24 hours.**
3. **DO NOT RINSE MOUTH TODAY.** Tomorrow rinse mouth gently every 3--4 hours (especially after meals) using ¼ teaspoon salt to 1 glass of warm water. Continue rinses for several days.
4. **FOOD:** Light diet is advisable during the first 24 hours. Example: soup, jello, ice cream, etc.
5. **BLEEDING:** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for ½ hour. Repeat if necessary.
6. **PAIN:** For mild to average pain use any aspirin--type of medication you like.
7. **SWELLING:** Bag of chopped ice wrapped in a towel should be applied to operated area – ½ hour on and ½ hour off for 4--5 hours.
8. **BONEY EDGES:** Small sharp bone fragments may work up through the gums during healing. These are not the roots, if annoying, return to this office for their simple removal.
9. If any unusual symptoms occur, call the office at once.
10. The proper care following oral surgical procedures will hasten recovery and may prevent any complications.