



EXTRACTIONS

THINGS TO DO:

1. Bite with firm pressure on the gauze for 30 minutes.
2. Ice packs may be used to reduce any swelling, after the extraction and for the next 24 hours. Keep the ice packs on for 20 minutes at a time. Be sure to keep a cloth between the ice and your skin.
3. If bleeding starts again, put gauze, a wad of cotton, or a clean white cloth over the area. Bite on the gauze with firm, steady pressure for 1 hour. Do not chew on gauze.
4. For the first 24 hours, brush your remaining teeth 3 times daily. Don't rinse your mouth or use mouthwash.
5. After 24 hours, rinse your mouth with warm salt water (1 tsp. salt in an 8 oz. glass of water) to keep the extraction site clean.
6. If you have pain, take pain pills as directed on the package or bottle. Take any other medication as directed.
7. Sleep or rest with your head raised on 2 or 3 pillows. This will prevent bleeding and swelling.
8. Drink lots of fluids and eat anything you can swallow; except for foods such as nuts, potato chips, spicy foods, etc...

THINGS NOT TO DO:

1. DO NOT SMOKE!
2. DO NOT drink with a straw for 24 hours.
3. DO NOT spit. Spitting will cause more bleeding. Lots of saliva and a little blood may look like a lot of bleeding.
4. DO NOT drink alcoholic beverages for 24 hours.

THINGS TO KNOW:

1. Black and blue marks are bruises. They may occur after an extraction. Do not worry if this occurs.
2. It is advised that you return home and rest after your extraction.
3. During the healing process, small sharp fragments of bone may loosen and come through your gums. These are NOT roots. If they are very annoying, call the office to arrange to have them removed.
4. If the pain increases after the first 72 hours, or if abnormal bleeding continues, call.
5. Call the office to report any condition that appears unusual.

If you have any questions, contact your doctor at: (614)476-6696

Amit Patel, DDS

Charles Conkey, DDS

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If you have an emergency, please call: _____