



Care of Mouth After Extraction

1. **Do not rinse mouth for three to four days.**
2. **Bleeding.** Following extractions, some bleeding is to be expected up to 48 hours later. If persistent bleeding occurs, place gauze pad folded in fourths over bleeding area and bite down firmly for one hour without moving jaw or talking. Repeat if necessary.
3. **Swelling.** Ice bag or chopped ice wrapped in a towel should be applied to operated area - one half hour on and one half hour off for 4-5 hours. Ask the doctor if your surgery will require ice application.
4. **Pain.** For mild to average pain, use any Ibuprofen-type of medication you like in 600-800 mg. dosages every 6 hours.
5. **Food.** Light diet is advisable during the first week, avoiding the extraction sites.
6. **Boney Edges.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for their simple removal.
7. If any prolonged swelling (5 days) occurs, call the office at once. You may need an antibiotic prescription or a boosting in dosage.
8. The proper care following oral surgical procedures will hasten recovery and prevent complications such as dry sockets. Don't smoke. Avoid a normal diet for one week or more, and avoid use of drinking straws.
9. Brush your teeth normally avoiding the surgical site. You need to keep bacteria levels to a minimum while healing. Mouth washes are O.K. after 3 days, if you are gently swishing.
10. Nausea, bruising, limitation of opening; these symptoms frequently occur. They will gradually disappear. If prolonged nausea occurs, it is most likely the cause of the narcotic type pain medication. Cease taking it, and begin Ibuprofen 800 mg. every 6 hours.