

POST EXTRACTION HOME CARE

Hold gauze tightly over extraction site for 30 minutes, or until bleeding stops.

Do not rinse extraction site for 24 hours.

Do not spit, suck, or drink through a straw for 24 hours.

Do NOT smoke for 24 hours.

For pain control, if we did not issue you a prescription, use an over-the-counter pain reliever and follow the instructions on the bottle.

If bleeding continues, place a tight roll of sterile gauze firmly over extraction site and bite firmly for ten minutes. Repeat if necessary.

Avoid hot liquids and spicy foods for 24 hours.

If there is external swelling, apply a cold pack to the area for 15 minutes on and 15 minutes off.

If pain or swelling persists, call us for an appointment.