



POST-OPERATIVE INSTRUCTIONS

- **DO NOT RINSE MOUTH TODAY:** Begin rinsing tomorrow, gently, every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses three times a day for one week.
- **BLEEDING: NO SPITTING!** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 30 minutes. Repeat as necessary until bleeding stops.
- **SWELLING:** Ice pack wrapped in a towel should be applied to affected area one ½ hour on and one ½ hour off for 4 to 5 hours.
- **PAIN:** For mild to average pain use any non-aspirin type of medication you like. If you are given a prescribed medication take only as the Doctor has directed.
- **EATING & DRINKING:** Only after the bleeding stops and the anesthesia wears off, you may have a soft diet only for the first 24 hours. Do not drink through a straw.
- **BONY EDGES:** Small sharp bone fragments may work up through the gums during healing. These are NOT roots, if annoying please return to the office for their simple removal.
- If you have any questions regarding your treatment or post-op instructions, do not hesitate to call the office immediately at our 24 hour phone number below.

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