

Extraction post op instructions

- ◆ To help control bleeding, bite firmly on gauze for at least 30 minutes after the procedure. The pressure helps to form a blood clot in the tooth socket. If bleeding persists, bite on another piece of folded gauze making sure to have pressure on the site. A regular moist tea bag wrapped in gauze can be effective also. The tannic acid in the tea aids in forming a blood clot.
- ◆ To lessen any discomfort, take prescribed medication as directed. Don't drive while taking any pain medication as you may feel drowsy.
- ◆ No vigorous rinsing or usage of any over the counter mouthwash products for 24 hours. After this you may rinse with warm salt water – 1 tsp table salt in ½ cup warm water. This will speed up the healing process.
- ◆ Drink plenty of fluids. For the 1st 24 hours do not drink through a straw. Avoid hot or carbonated liquids. Limit your alcohol use.
- ◆ Do not smoke. Smoking may break down the blood clot, causing a painful tooth socket.
- ◆ Limit your activities for the day. When lying down, elevate your head slightly.

Please feel free to call us with any questions you may have.

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