

Instructions following Dental Extractions

1. A gauze pack has been placed in your mouth over the extraction area. Hold this in place with a gentle biting pressure for one hour. Slight bleeding following an extraction is normal. You have been given some extra gauze packs to place over the area if necessary. If bleeding still continues after using several packs, a moistened tea bag placed over the extraction site for one hour will help assist clotting.
 2. Avoid rinsing for the first 8-12 hours if possible. If you feel it is necessary, make sure to rinse gently with cool water during the first four hours.
 3. Avoid strong physical exertion for 24 hours.
 4. Avoid smoking for as long as possible to avoid infection. The tissue can take 2-3 weeks to heal.
 5. An ice pack over your cheek or jaw where the extraction was done may reduce swelling. As soon as possible, put the ice over the area for 15 minute intervals. Continue this for 8-12 hours.
 6. Only eat soft or liquid foods the day of your extraction. Meal replacement drinks, mashed potatoes, soup, applesauce and yogurt are nutritional and soothing.
 7. If you have been given a pain prescription, it is best to take it with milk or food. Some pain medications may cause nausea or vomiting if taken on a totally empty stomach. Avoid driving or operating machinery if the pain medication makes you drowsy or light-headed.
 8. To promote healing you may rinse your mouth 4-6 times per day with warm salt water rinses beginning **the day after** your extraction.
 9. Some swelling is normal. If the area becomes severely swollen after several days, or if you develop a temperature, please call our office. If sutures (stitches) have been placed, make an appt. to return in 5-7 days to have them removed.
 10. In the event of an emergency during the day, call our office at 503-255-1151. After hours the answering service will answer the office phone and contact me. I will return your call as soon as possible. If you cannot reach me and feel you have an emergency that cannot wait, please call or go to your nearest hospital.
 11. Please attempt to call for prescription refills during normal business hours.
- Thank You.