

## ***POST EXTRACTION INSTRUCTIONS***

### ***During the first 24 hours***

***It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket: Bite on the gauze pad firmly for 30-60 min (Blood and saliva mix in the mouth and make it look like there is more bleeding, than there really is. It is normal for some oozing up to 24hrs)***

### **DO NOT**

- Spit
- Eat crunchy, sticky, chewy foods
- Suck on candies or through straws
- Rinse your mouth, brush or floss next to the site for 8hrs
- Smoke or use tobacco for 72 hours
- Drink alcohol, hot beverages. Eat hot and spicy foods
- Exercise vigorously or do strenuous activity for 24 hours

### **DO after 24 hours**

- Warm salt water rinse 3-5 times daily (1/2 teaspoon of salt in 8oz warm water)

### **Things to remember**

- *Some discomfort, swelling and soreness is normal after tooth removal.*
- Please take your pain medication before the anesthetic has worn off or as recommended.
- If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
- If stitches have been placed in the area of your extraction, you will need to have them removed in one week.
- Please use an ice pack over the area, 20 min on and 20 min off.
- Eat soft nutritious foods, drink lots of fluids and chew on the opposite side.

### **Call our office @ 661-829-7905 or Emergency 661-428-0949**

- Heavy or increased bleeding, bad taste or odor in your mouth.
- Pain or swelling that increases or continues beyond 2 or 3 days
- A reaction to the medication

***GATEWAY FAMILY DENTISTRY, 13029 Stockdale Hwy, #100, Bakersfield, CA 93314***