

CARE OF MOUTH AFTER EXTRACTION

1. **DO NOT RINSE MOUTH TODAY:** Tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days.
2. **BLEEDING:** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for 2 hours. Do **NOT** repeatedly replace gauze or bleeding will increase.
3. **SWELLING:** Ice bag or ice wrapped in a towel should be applied to swelling ½ hour on and ½ hour off for 4 to 5 hours. Sit upright until no swelling.
4. **PAIN:** For mild to average pain use any over the counter, non-aspirin type medication (Two Advil and Two Tylenol (4) pills every 4 hours is very effective).
5. **FOOD:** Do not eat any hard or chewy foods. Eat foods that are easy to eat. Avoid anything that is hot or spicy. Eat on the other side.
6. **BONY EDGES:** Small sharp bone fragments may work up through the gums during healing. Should this occur, return to this office immediately.
7. **SMOKING & SUCKING:** No smoking, spitting, drinking from straws or other type of sucking activity is advised for 7 days. This is necessary to protect the Blood Clot that forms in the gum and prevents DRY SOCKET. A dry socket will cause intense, throbbing pain that can only be cured with time and may require another visit to the doctor for packing with a medicated material. This may result in additional charges.

If you have any questions call 661-273-3600

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