

## ***Post Op Instructions for Extractions***

- 1. Continue biting firmly on the gauze provided for 2-3 hours or until the bleeding stops. The extraction site may "ooze" for several hours but all bleeding should be controlled before you discontinue biting on gauze.**
- 2. DO NOT rinse out or spit during the first 24 hours. This may cause the bleeding to increase or the blood clot to dislodge. DO NOT smoke, chew tobacco, dip snuff, drink alcoholic or carbonated beverages, or drink anything through a straw for at least 24 hours. This can cause heavy bleeding and lead to a dry socket (bone infection).**
- 3. If persistent bleeding occurs, bite firmly on a WET tea bag and call our office. If Dr. Edwards is not available, contact the emergency room.**
- 4. After 24 hours you may begin to rinse. We recommend warm salt water several times a day. DO NOT spit, rather let the salt water "fall" out of your mouth.**
- 5. Some swelling and skin bruising may occur. A cold rag or ice pack will keep this to a minimum. You should expect some discomfort Tylenol or Advil are usually adequate.**
- 6. A light diet with plenty of fluids is recommended the first day. Chewing should be done on teeth away from the extraction site. Continue to brush and floss, but be extra gentle near the extraction site.**
- 7. Contact our office if any problems develop, especially severe bleeding or swelling. (770) 773-7244.**