



Post-Operative Extraction Instructions

The following instructions will help you in the care of your extraction.

Remember: Do NOT rinse your mouth today and do NOT smoke for 72 hours

Tomorrow:

Rinse your mouth gently every 3 to 4 hours, especially after meals. Rinse with ¼ teaspoon of salt in a warm glass of water. Continue rinsing for several days.

What NOT To Do:

To help your extraction area heal, it is important to maintain the integrity of the blood clot covering the extraction site.

1. Do **not** use straws. The suction they create can pull the blood clot free.
2. Do **not** do any heavy lifting or strenuous activity as the blood clot may become dislodged in doing so. You may return to regular activity as tolerated.
3. Do **not** use mouthwash for 3 to 4 days. Some may contain alcohol that could disrupt the blood clot.
4. Do **not** rinse or spit vigorously. You may dislodge the blood clot in doing so.

Bleeding:

Following extractions, some bleeding is to be expected. If persistent bleeding occurs, place a moist gauze or a moist tea bag over the extraction site and bite down firmly for 10 to 20 minutes.

Swelling:

Apply an ice bag or chopped ice wrapped in a towel to the facial area over the extraction site for 20 to 30 minutes, and on and off for 4 to 5 hours.

Pain:

In most cases, the doctor will prescribe pain medication. Use as directed. Upon finishing the prescription, if you are still experiencing mild to average pain, use any aspirin-free (i.e. Tylenol, Advil, etc.) medication you like for pain management.

Food:

A soft diet is advisable for the first 72 hours. You may return to your regular diet as tolerated.

Bony Edges:

Small, sharp, bony fragments may work through the gums during healing. These are not roots. If annoying, please call our office to make an appointment for simple removal.

Our goal is to provide you with the best that dentistry has to offer and to work with you for excellent oral health. Please do not hesitate to call if you have any questions or concerns regarding your extraction.

Sincerely,

Rocklin Family Dental Group