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AFTER CARE INSTRUCTIONS FOR EXTRACTION (TOOTH REMOVAL)

While you are recovering from surgery, we have some suggestions to make you more comfortable and speed the healing of the surgical site(s):

- ❖ Take all medications as directed by the doctor. Do not mix or substitute medications. Take pain medications at regular intervals as prescribed. If you were given antibiotics, follow the instructions and continue to take them until the entire prescription is gone.
- ❖ Absolutely NO tobacco products of any kind. Use of tobacco products will impede the healing process.
- ❖ Try to keep you head elevated, even when you sleep. Swelling can be controlled by ice packs. Apply packs for 15-20 min every hour - no more than that.
- ❖ After the first 24 hours, you may gently rinse with warm salt water: $\frac{1}{2}$ teaspoon to 8 oz of water. This will freshen and soothe your mouth.
- ❖ Begin to eat well balance meals AFTER the anesthesia has worn off. If you need to intake food prior to this, please have a protein shake or a smoothie. Proper balanced nutrition is the key to giving your body the nutrients it requires to begin the healing process. Remember to intake plenty of fluids, preferably water.
- ❖ Oral hygiene is very important. Brush and floss all areas of your mouth avoiding the surgical area. Do not pick at the surgical site. If you feel that something is stuck in the site, please call our office.
- ❖ Please refrain from all unnecessary physical activity for the first week, (i.e. working out at the gym, yard work, heavy lifting, etc.) You body requires adequate rest to facilitate the healing process.

The extraction site may ooze blood for a while - expect your saliva to look pink. Place a damp piece or gauze or a damp tea bag over that site and apply firm pressure for 20 min. This should alleviate the bleeding.

You should feel better in a few days.

If you have any questions, please contact our office.