

## EXTRACTIONS

### **PLEASE DON'T DO THE FOLLOWING FOR THE NEXT 2 DAYS:**

- NO SPITTING
- NO STRAWS
- NO SMOKING
- NO CARBONATED DRINKS
- NO ALCOHOLIC BEVERAGES
- NO BLOWING YOUR NOSE

\*EXERCISE IS OPTIONAL AFTER THE DAY OF THE PROCEDURE

### **DO:**

- RINSE ONLY WITH WARM SALT WATER, GENTLY!
- ½ Table spoon of salt w/8oz of water
- Use a wet tea bag to help control bleeding
- Sleep slightly upright the first 24 hours

*RINSE 4-5 TIMES A DAY FOR 1 WEEK*

## CARE FOLLOWING YOUR EXTRACTION

Proper care of your mouth following tooth extraction is important to prevent complications and to help the healing process.

The blood clot that forms serves the purpose of controlling the bleeding and starting the healing process. To promote this the following are important:

- Do not spit excessively, rinse, sip through a straw or smoke for the next 48 hours
- Take all medications as directed and use the application of cold or heat as directed
- Keep your mouth as clean as possible by brushing lightly and rinsing thoroughly (warm salt water) starting 24 hours after extraction
- Use your mouth in a normal manner as much as possible. This promotes circulation of the blood to promote the healing process
- Should you experience any unusual pain or swelling please call our office.

