

POST-EXTRACTION INSTRUCTIONS

- Bite into the gauze sponge placed in your mouth for 20 minutes after extraction. Do not open and close your mouth or take the gauze out to check it until the 20 minutes have passed.
- Do not rinse, smoke or use a straw today. Any of these could start you bleeding.
- If you notice bleeding, you can apply a teabag soaked in cold water to the area.
- Apply an icebag to your face for 20 minutes out of every awake hour for several hours - continue this for the first 24 hours! The more ice you apply, the less swelling you will experience.
- Beginning tomorrow, rinse every 4 hours with a glassful of warm water containing one-half teaspoon of salt. Continue this for several days to make the area feel better. Do not drink the salty water!
- After 24 hours have passed and if there is swelling in the area, begin applying warm, moist heat to the area. Soak a facecloth in some hot water and apply to your face.
- For pain, take Advil® or Tylenol® or the medication prescribed.
- Any soft food desired may be eaten, avoiding hot liquids for several hours. Do not eat directly over the extraction site.
- The stitches will melt on their own in 4-7 days.