



INSTRUCTIONS FOR HOME CARE AFTER EXTRACTIONS

PAIN -A certain amount of pain or discomfort following extractions is not uncommon. If you have been given a prescription, use as directed if necessary.

BLEEDING -A certain amount of bleeding is to be expected following the extraction. Blood tinted saliva may be seen for about 36 hours. If bleeding occurs after you return home, place a small moistened gauze pad (about the size of a tea bag) or a moistened tea bag directly over the bleeding socket for at least 30 minutes, holding it in place with moderate biting pressure. It may be necessary to repeat this procedure. If bleeding continues, phone the office immediately. Forceful spitting and excessive physical activity tends to increase the bleeding as does bending over and picking up objects. A semi-reclining position and rest for the first few hours is recommended.

DO NOT DISTURB THE BLOOD CLOT -Its grayish or yellowish appearance and slight odor do not indicate an infected condition. Keep fingers, toothpicks, or other matter that may cause infection out of the mouth. Keep your tongue away from the area of extraction. Do not smoke, drink through a straw or have carbonated drinks for 72 hours following the extraction.

MOUTH RINSE -Vigorous mouth washing may stimulate bleeding by breaking the clot, which has formed. Therefore **DO NOT RINSE** your mouth for 24 hours following extractions. You may then gently rinse the mouth with a warm saltwater solution (1/2 teaspoon salt to a glass of warm water) 4 or 5 times a day for several days. After 24 hours you may gently brush the teeth, which are not close to the extraction.

SWELLING -To help minimize ordinary immediate swelling following the extraction, apply an ice pack to the face over the area of extraction (15 minutes on - 15 minutes off) **FOR THE FIRST DAY ONLY**. If swelling due to infection was present at the time of the extractions, use **NO ICE** but do use warm, wet dressing immediately.

DIET -It is important to maintain a good diet. A liquid or soft diet is advisable for the first day or so. Vitamin and protein supplements will be helpful to maintain an adequate diet.

BONE FRAGMENTS -During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments, which are not root, usually work out on their own accord, but if they are annoying return to the office so Dr. Graves can advise or treat you.

UNUSUAL COMPLICATIONS -If extreme swelling, temperature over 101 degrees or excessive bleeding occurs, call the office for instructions