



Instructions For Home Care Following Extractions

- Control bleeding: Firmly bite on the gauze placed by your dentist. The pressure will help form a blood clot in the socket.
- Minimize Pain: Take the medications as prescribed by your dentist.
- Reduce swelling: Keep swelling down by using an ice pack. Apply the ice pack to your cheek for 10 minutes and then remove it for 5 minutes. Repeat as needed. You may see some bruising on your face, this is normal and will go away on its own.
- Get enough rest: limit activities for the first 24 hours following extraction. Rest during the day and go to bed early.
- Eat a diet of SOFT foods and drink plenty of liquids.
- Brush your teeth GENTLY. Avoid brushing at the extraction site and do NOT use toothpaste! Rinse with caution and DO NOT SPIT!
- If your doctor instructs you: after 24 hours rinse gently 4 times per day with a mixture of 1 teaspoon salt in a glass of warm water.
- Remember to AVOID while healing:
 - Do NOT drink with a straw
 - Do NOT drink hot liquids
 - Do NOT smoke
 - Alcoholic beverages may slow the healing process

When To Call The Dentist

- Pain becomes more severe than extraction day,
- Bleeding is hard to control (slight oozing of blood on the first day is normal)
- Swelling around the extraction site worsens
- Itching or rashes occur after taking medications