

## TOOTH EXTRACTION POST OP CARE

1. Bite on gauze for 30-60 minutes. **Do not** chew on the gauze.
2. If bleeding starts again, put gauze, a clean white cloth, or a damp teabag over the bleeding area and bite on it with firm, steady pressure for one hour. **Do not** chew on it.
3. **Do not** smoke for 48 hours!
4. **Do not** use a straw to drink for 24 hours (the suction can cause bleeding to start again).
5. **Do not** brush your teeth or rinse your mouth until the morning following the surgery.
6. If prescribed, take anti-pain medication and antibiotics as directed. It is important to take the prescribed antibiotics even if there is no pain or swelling.
7. **Do not** take aspirin or aspirin products, since they may prolong bleeding.
8. After 48 hours, if pain increases or if abnormal bleeding continues, call our office immediately!
9. **Do not** spit. Spitting will cause more bleeding.
10. Use ice packs immediately after surgery and for the next 24 hours to reduce swelling. Apply ice packs for 20 minutes on and 20 minutes off. After 24 hours, replace ice packs with moist heat if needed. Apply for 20 minutes on and 20 minutes off.
11. Black and blue marks, bruising, and discoloration are normal occurrences after surgery. Do not worry about them.
12. Drink lots of liquids.
13. Avoid eating foods that are extremely hot, cold, or spicy.
14. DO NOT TOUCH THE HEALING AREA WITH YOUR FINGER

Call our office if you have **any** problems or questions concerning your surgery.