



Aftercare for Simple Extractions

Bleeding

The gauze pads that are placed in the extraction areas should be removed 30 minutes after you are dismissed from the office. No smoking, spitting, rinsing or sucking through a straw for 24 hours. Doing any of the above activities could dislodge the blood clot, resulting in a dry socket, interrupting normal healing. Oozing after the removal of teeth or other oral surgery is normal and may continue for 24 to 48 hours. If you have excessive bleeding, bite using **STEADY** pressure on a moistened caffeinated tea bag for 30 minutes. If the bleeding does not subside, call the office for further instructions.

Food

Maintain a soft diet on the day of surgery – soup, yogurt, applesauce or runny mashed potatoes. Do not drink anything extremely hot.

Rinsing

The morning after surgery, rinse your mouth with a warm salt-water mixture ($\frac{1}{2}$ teaspoon salt in a warm glass of water). Repeat the warm salt-water rinse after each meal. Continue this for ten days. Teeth should be given their usual care, except around the surgery site.

Medication

It is recommended that while you begin taking pain medication while you are still numb. **DO NOT** drive a car for 24 hours if any sedation is given or if pain medication makes you sleepy. If you develop a fever, or if the pain subsides then increases again after a few days, call our office.