

## INSTRUCTIONS FOLLOWING EXTRACTIONS

### BLEEDING

Some bleeding is normal after any extraction. Bite on gauze pad for 15 minutes. If bleeding has not subsided, use a fresh pad for an additional fifteen minutes. Repeat if necessary.

### PAIN

Some discomfort may be experienced following oral surgical procedures. Over the counter pain relievers, taken as directed, will usually relieve the pain.

### SWELLING

Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply ice bag for a ten minute interval. Remove for ten minutes. Repeat until swelling is relieved.

### MOUTHWASH

Do not rinse mouth today. Tomorrow, *gently* rinse using a salt solution (one teaspoon of salt dissolved in a glass of warm water) every three hours to cleanse the affected area.

### EATING

Soft food is desirable. Avoid very hot, cold or spicy foods or liquids. For the first 24 hours *avoid* smoking, drinking alcohol, drinking from a straw and vigorous rinsing.

**Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.**