

Dr. Rajdeep Randhawa D.D.S.  
546 St. Georges Avenue  
Rahway, New Jersey 07065

### CARE OF MOUTH AFTER EXTRACTION

1. **DO NOT RINSE MOUTH TODAY** – Tomorrow (after 24 hours) rinse mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinses for several days.
2. **NO SPITTING OR RINSING FOR 24 HOURS.**
3. **DO NOT SUCK INWARDS OR THROUGH A STRAW FOR 24 HOURS.**
4. **NO SMOKING FOR 4 TO 7 DAYS. AVOID ALCOHOL ALSO.**
5. **DO NOT DRINK CARBONATED BEVERAGES INCLUDING BEER OR SODA FOR 24 HOURS.**
6. **BLEEDING.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the bleeding area and bite down firmly for one-half hour. Repeat if necessary until bleeding stops.
7. **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to extraction area - one-half hour on and one-half hour off for 4-5 hours.
8. **PAIN.** For mild to average pain use Tylenol® every 4 to 6 hours. For higher levels of pain and discomfort, use the RX for pain given to you by Dr. Randhawa. Usually 800 mg of Ibuprofen is given and can be taken every 6 hours for pain and inflammation.
9. If any medication is to be taken (antibiotics or pain medication), please follow the directions on the prescription label as Dr. Randhawa has directed you. Antibiotics must be taken as directed and finished to be effective.
10. **FOOD.** Light diet is advisable during the first 24 hours. Avoid excessively hot, spicy, and hard foods, which will irritate area of surgery. As with any dental procedure where anesthetic is used be careful not to bite your lip, cheek, or tongue while numb.
11. **BRUSHING.** Normal brushing is advised, but do not go into the extraction site with your toothbrush or any other object. Also avoid rigorous rinsing in the area.
12. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying return to this office for their simple removal.

The proper care following oral surgical procedures will hasten recovery and prevent complications. If any unusual symptoms occur, call the office at once at (732) 882-1700.