

### Care for mouth after extraction

- **Do not rinse mouth for 2 days.** On the 3<sup>rd</sup> day, rinse mouth every 3-4 hours. Use ¼ tsp salt in warm glass of water.
- **Bleeding**—Some bleeding is normal. If persistent, place some gauze on the area and bite firmly for 30 minutes and repeat. Call our office if bleeding continues. You can also wet a black tea bag and bite on it for excessive bleeding.
- **Swelling**—An ice pack should be applied for ½ hour ON and ½ hour OFF for 4-5 hours.
- **Pain**—for mild to average pain use any non-aspirin you want. For more severe pain, please call our office to schedule an appointment.
- **Food**—a light diet is advisable in the first 24 hours.
- No Smoking or Straw Usage. Any sucking on cigarettes, straws, or candy can cause dry sockets.
- **Bony Edges**—small, sharp bone fragments may come to the surface during healing. If they are bothersome call our office to set up an appointment.
- Proper care following extractions will speed up the healing process and minimize complications.