CARE OF MOUTH AFTER EXTRACTIONS

1. **Continue biting on gauze for one hour.** Following extractions some bleeding is to be expected. If persistent bleeding occurs, place new gauze pads over the bleeding area and bite firmly for one more hour.

2. **Do not rinse mouth today.** Tomorrow 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.

3. **Swelling.** Ice bag or chopped ice wrapped in a towel should be applied to the skin opposite of the surgical area, one half hour on and one half hour off for 4-6 hours.

4. **Pain.** For mild pain use medicine you would normally use for a headache.

5. **Food.** A light diet is advisable during the first 24 hours. Avoid excessively hot, spicy, and hard foods which will irritate area of surgery.

6. **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.

7. **No smoking for 48 Hours.**

8. **No Carbonated Beverages.**

9. **No Drinking through straws.**

10. **No Spitting.**

11. The proper care following oral surgery procedures will hasten recovery and prevent complications.

12. If any unusual symptoms occur call the office at once. (475-0783)

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