



POST OPERATIVE INSTRUCTIONS FOLLOWING **DENTAL EXTRACTION**

1. Bite firmly on gauze for 30 minutes. **DO NOT** chew on gauze, as this will increase bleeding.
2. Replace gauze when soaked and if active bleeding continues. Some oozing or blood is to be expected.
3. Take medication for pain as instructed; expect discomfort to decrease each day.
4. **The day of surgery:** eat soft foods, such as ice cream or mashed potatoes (to coat the stomach) drink cold liquids and **DO NOT** use a straw.
5. Ice may be used the day of and the day after surgery to help control swelling and discomfort. Place ice pack on cheek 20 minutes on and 20 minutes off.
6. **DO NOT** smoke for at least 3 days. Smoking may contribute to post surgery infection.
7. **Starting the day after surgery:** brush your teeth 3 times daily. Wash mouth with warm salt water. **DO NOT** gargle and spit. Move your head side-to-side to allow the water to rinse, and then let the water drain out of your mouth without spitting.

If you have any concerns about your treatment, please call the office at 791-0030 or visit our website: www.familydentalmontgomery.com