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Adult & Family Dentistry
Comfortable. Compassionate. *Care.*

Care of Mouth After Extractions

1. **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.
2. **BLEEDING.** Following extractions some bleeding is to be expected. If persistent
Bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half
hour. Repeat if necessary.
3. **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to
Operated area – One half hour on and one half hour off for **4-5 hours**.
4. **PAIN.** For mild to average pain, use any non-aspirin type of medication you like.
5. **FOOD.** Light diet is advisable during first **24 hours**.
6. **BONEY EDGES.** Small sharp bone fragments may work up through the gums during
healing. These are not roots. If annoying, return to this office for simple removal.

PLEASE REMEMBER:

--IF ANY UNUSUAL SYMPTOMS OCCUR, **PLEASE CALL OUR OFFICE.** THE PROPER CARE
FOLLOWING ORAL SURGICAL PROCEDURES WILL HASTEN RECOVERY AND PREVENT
COMPLICATIONS.

-- FOR THE FIRST **3-4 DAYS:**

- DO NOT DRINK WITH A STRAW.
- NO CARBONATED DRINKS
- NO SMOKING