

Post-op Instructions for Extractions

- If you smoke. **PLEASE DO NOT** smoke for 36 to 48 hours, as smoking delays the healing process and can cause a dry socket.
- Please keep firm pressure on the gauze for 1 (one) hour. After that if you are not bleeding very much do not put any gauze back in, but if you need to put gauze back in, please fold gauze in half twice, wet a little, and apply firm pressure for 1 (one) hour again.
- As far as eating, please avoid anything sharp or crunchy that may get in the socket and dislodge the blood clot. A soft diet may be a good idea for the first 24 hours.
- Remember, a healthy mouth heals faster than an unhealthy mouth. So begin warm salt-water rinses (every 1-2 hours) and brushing the day after the extraction(s).
- Do not drink through a straw or use any mouthwash containing alcohol for at least 36 hours.
- Take your medicine for discomfort as needed. Remember you can take Ibuprofen (it tolerated) between dosages, which will also help with inflammation. If you notice swelling, you can place an ice pack on the area for 15(fifteen) minutes and off for 15(fifteen) minutes.