

## **Care of Mouth After Extraction**

If any unusual symptoms occur, contact the office at once. The proper care following extractions and other procedures will hasten recovery and help to prevent complications.

1. **DO NOT RINSE MOUTH FOR THE FIRST 24 HOURS.** Then gently rinse mouth, using one-quarter teaspoon of salt to an 8oz glass of warm water in the morning, after meals, and at bedtime. Continue for 7 to 10 days.
2. **DO NOT SMOKE, DRINK THROUGH STRAWS, OR SPIT FOR THE FIRST WEEK.** Any sucking through the mouth may cause excess bleeding. Blood-tinged saliva may be pushed out of the mouth with the tongue or wiped out with gauze. Swallowing a large amount of blood may cause nausea.
3. **BLEEDING.** Following extractions some bleeding is to be expected. You may remove the gauze that was placed in mouth, when you were in the office, after biting on it firmly for 40 minutes. If persistent bleeding occurs, moisten extra gauze and bite firmly for 30 minutes. Repeat if necessary, you may need to do this multiple times. A moistened teabag may also be used. Notify the office for persistent bleeding.
4. **SWELLING.** Apply ice bag wrapped in a towel to the face in the treated area for 20 minutes on and 20 minutes off for the first 12 hours or until bedtime.
5. **PAIN.** The worst pain occurs within the first 12 to 24 hours. Take the first pain medication as the anesthetic wears off. Then take pain medication as directed. For mild to moderate pain, aspirin, acetaminophen, or ibuprofen products may be used.
6. **FOOD.** A soft, light diet is advisable for the first 24 hours. Avoid hard, crunchy, or chewy foods. Avoid hot foods or chewing on the operated areas.
7. **BONY EDGES.** Small bone fragments may occasionally work their way through the gums after extractions. If they are painful or annoying, contact the office for their simple removal.
8. **ANTIBIOTICS.** If antibiotics are prescribed, take as directed until they are all completed.