



Great Smiles by Dr. Forest & Team

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EXTRACTIONS

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- ❖ **Bleeding:** After an extraction, some wet gauze will be placed over the extraction site to prevent excessive bleeding and to promote a healing blood clot. Keep pressure on it for 30-45 minutes and replace if bleeding continues. Slight bleeding may occur for as long as 2 days. Avoid activities that could apply suction to the blood clot, such as smoking or sucking through a straw or spitting for at least 48 hours.
- ❖ **Rinsing:** Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with an 8 oz. glass of warm water mixed with a teaspoon of salt. You can do this once every 3-4 hours, especially following meals.
- ❖ **Swelling:** Following an extraction, some swelling and bruising may occur. An ice pack applied to the cheek will keep this to a minimum. Apply the ice pack to the affected area for 10 minutes. Remove for 10 minutes. Repeat this procedure for the next 24 hours.
- ❖ **Medications:** If non-aspirin medication, such as Advil or Tylenol, do not relieve your discomfort, please contact the office.
- ❖ **Food:** A light diet with plenty of fluids is recommended for the first day. Avoid carbonated and hot beverages. Chewing should be done away from the extraction site.
- ❖ **Oral Hygiene:** Brush and floss properly, being extra gentle near the extraction site.
- ❖ Please do not hesitate to call the office if you have any concerns.