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INSTRUCTIONS AFTER EXTRACTIONS

- Place cold towels or an ice bag to your face for the first 6-8 hours. Apply for 15 minutes, then remove for 15 minutes.
- Do not rinse mouth until the following day.
- On the morning following surgery, rinse mouth with warm salt water ($\frac{1}{2}$ teaspoon salt to a glass of warm water). Repeat this several times daily.
- Keep fingers and tongue away from socket.
- BLEEDING – It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
- Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
- SWELLING & STIFFNESS – It is normal and should not cause alarm. Apply cold towels or ice bag for 15 minutes of each hour as needed.
- DIET – A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
- Return to the office if undue symptoms develop.
- Other Instructions: _____

Please follow these home care instructions carefully and call this office if you have any questions or concerns.

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