

Care of mouth after an extraction:

1. DO NOT RINSE MOUTH TODAY.

Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using ¼ tsp of salt to a glass of warm water. Continue rinses 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 30 minutes. Repeat if necessary. If it continues please call Dr. Goss.

3. SWELLING.

Ice bag or chopped ice wrapped in a towel should be applied to operated area for 30 minutes off and on for 4-5 hours.

4. PAIN.

For mild to average pain use any non-aspirin-type medication you like.

5. FOOD.

Light cold diet is advisable for the first 24 hours.

6. BONY EDGES.

Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying return to the office for their simple removal.

7. DRY SOCKET.

Dry Socket is when the blood clot has been dislodged. This can happen by creating any type of suction, like drinking through a straw, or smoking. Dry socket is a deep painful ache that slows the healing.

8. If any unusual symptoms occur, call office at once. 207-236-2400