

INSTRUCTIONS FOLLOWING EXTRACTIONS

BLEEDING--- Please make sure the pad is folded so that pressure is directed specifically to the extraction site. Gauze pressure in the area should stop any bleeding. If the bleeding is not stopped within 30 to 45 minutes after leaving the office, have the patient bite on a damp tea bag for approximately 30 minutes. The bleeding should be stopped by that time. If not, contact the office.

DISCOMFORT--- Pain following extraction can be managed with a tylenol type product. Do not use aspirin because it is a blood thinning product.

ACTIVITY--- Have the patient relax for about 3-4 hours after the extraction appointment. Avoid situations where trauma could be a problem. Avoid swimming pools for at least 24 hours because of bacteria in the water.

EATING/DRINKING--- A soft diet is necessary for the first 24 hours. This could be scrambled eggs, macaroni and cheese, or other bland soft foods. Avoid spicy, crunchy foods and foods that require considerable amounts of biting and chewing (sandwiches, bagels, etc....) for 48 hours. Those foods can be chewed on the opposite side of the extraction site after 24 hours. Avoid drinking from a straw, expectorating, or swishing anything in the mouth for 24 hours.

SUTURES--- If sutures are placed, they will resorb on their own within 5 to 7 days after the appointment. No follow up appointment is needed unless you suspect anything unusual.