



**MORRELL DENTAL**  
**Post-Extraction Instructions**

Upon leaving the office:

- 1.) We have placed cotton gauze over the extraction site, on which you will need to keep moderate biting pressure for a 30-90 minutes - or as long as it takes for the bleeding to stop. It is important to bite down on the gauze. Pressure on the extraction site is what will help stop the bleeding.
- 2.) After arriving home, remove gauze and discard it. Take prescribed, or recommended pain medication at this time. Roll fresh gauze into a small pad and place back over the area and continue to bite for 30 more minutes, or until bleeding has stopped. Repeat as long as necessary for the bleeding to stop. If bleeding is significant and has not resolved within 3-4 hours, please call the office or contact the doctor at the number below.

Pain Medication:

- 1.) ADULTS: If you have not been provided a pain prescription, take 3 or 4 regular strength Ibuprofen/Advil/Motrin (these are different names for the same medication) for a total of 600mg or 800mg every 6 - 8 hours during the first 24 hours. Taper medication use after that as needed. If you have issues with pain, please call the office.
- 2.) CHILDREN: Normal children's doses of tylenol/acetaminophen or advil/motrin/ ibuprofen are normally sufficient to keep children comfortable. A "full" dosing is recommended for the first day. Taper off during the second day depending on the discomfort your child is having. Normally, by the third day, little if any pain medication is needed for children.

The Day of your Extraction:

- 1.) No alcohol, mouthwash, vigorous rinsing, smoking or using a straw. This may dislodge the clot, which will slow down your healing and increase pain.
- 2.) Avoid exercise, lowering your head & bending at the waist during the first 24 hours. This can cause bleeding and dislodging of the clot which will slow down your healing. Easy activities are fine.
- 3.) Soft and non-spicy food are recommended for the first 1-2 days. Milkshakes, ice cream are fine.
- 4.) If you had a particularly difficult extraction, watch for swelling. If this occurs apply ice packs to area - 15 minutes on, then 15 minutes off. This will help the swelling.

The second day:

- 1.) Bleeding should be stopped. Pain should be substantially controlled by pain medication. Continue with softer foods. Avoid hard exercise. Begin rinsing with warm salt water 3 - 4 daily (1 tsp. salt per 8oz warm water). This is not required, but helpful to assist in healing.

The third day:

- 1.) You should be able to taper off your pain medication and gradually resume your normal eating, brushing and daily activities.

Call us anytime if you have questions or concerns. Office number is 342-3440. Home number is 344-8447