

## Post Op Instructions for Extraction

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1. Take care not to bite your tongue while you are numb.
2. To change the gauze, dampen the gauze pad with water and place it directly on the extraction site. Maintain biting pressure for approximately 30 minutes. If the pad becomes soaked with blood, replace it with a clean one as necessary. There may be some oozing, this is normal. (Remember a little bit of blood mixed with saliva looks like a lot of bleeding!). If saliva is orange - very little bleeding is present.
3. Do not smoke, or rinse your mouth vigorously, or drink from a straw for 24 hours. Do not clean the teeth next to the healing socket for the rest of the day, however, brush and floss your teeth thoroughly. Limit strenuous activity for 24 hours after the extraction. Sometimes the blood clot will break down for some reason. This is called osteitis or dry socket. This can be very painful, and should be reported to your doctor immediately. A dressing may be placed in the socket to protect it until it heals. After 24 hours warm salt water rinse.(GENTLY)
4. Cool soft foods are recommended for the first 24 hours, especially while you are numb. This will prevent unknowingly burning numb tissue and disturbing the clot
5. If you are still experiencing bleeding after two hours, dampen a teabag that has caffeine. Wrap with dampened gauze. Place on extraction site for 20 minutes while lying down. Remove for 20 minutes and replace gauze. Repeat every 20 minutes until bleeding stops.

\*\*Please call our office if you have any questions or concerns.