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POST-EXTRACTION INSTRUCTIONS

First Hour

Bite down gently but firmly on the gauze packs that have been placed over the extraction arrears, making sure they remain in place. Do not change them for the first 30 minutes unless the bleeding is not being controlled. If active bleeding persists after 30 minutes, place enough new gauze to obtain pressure over the surgical site for another 30 minutes.

Exercise Care

Do not disturb the extraction area today. Do **NOT** rinse or probe the area with any objects or your fingers. You may brush your teeth gently. **DO NOT SMOKE** for at least 48 hours, since it is very detrimental to healing.

Steady Bleeding

Bleeding should never be severe. If it is, it usually means that the packs are being clenched between your teeth rather than exerting pressure on the areas. Try repositioning fresh gauze packs. If bleeding persists you may substitute a tea bag (soaked in hot water, squeezed damp-dry and wrapped in moist gauze) for 20-30 minutes.

Swelling

Sometimes swelling is associated with extractions. You can minimize this by using a cold pack or ice bag wrapped in a towel and applied firmly to face or cheek adjacent to the extraction area. This should be applied twenty minutes on and twenty minutes off during the first 12 to 24 hours.

Diet

Eat any nourishing food that can be taken with comfort. Avoid extremely hot foods. Avoid foods that can get lodged in socket areas like nuts, sunflower seeds, popcorn. Do not skip meals! Try to avoid carbonated drinks for at least two days and orange juice for a week. Do not use a straw for a week.

Mouth Rinses

Keeping your mouth clean is essential. Starting **tomorrow**, use one-quarter teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least two to three times daily for the next five days.

Brushing

Begin your normal oral hygiene routine as soon as possible after the extraction. Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.