



CARE OF MOUTH AFTER EXTRACTION

Keep biting pressure on gauze over extraction site until bleeding stops.
Change gauze as needed every 30 minutes.

DO NOT RINSE MOUTH TODAY.

Do not rinse, spit, or suck on a straw and NO SMOKING for next 24 hours. (These activities can dislodge the blood clot which is needed for healing).

ACTIVITY:

Restrict activity today, no heavy lifting or strenuous exercise

PAIN:

Take Ibuprofen, Advil, or Motrin for discomfort
(**Do not** use Aspirin or Aspirin products as this can promote bleeding)

FOOD:

Light soft diet is advised for next 24 hours

CLEANING:

Brush your teeth today but no vigorous rinsing the day of extraction

After 24 hours of extraction, begin gentle rinsing after meals

Warm Salt Water Rinse: 1 teaspoon salt to 1 cup warm water

SUTURES:

If sutures (stiches) were used, they will dissolve on their own.