

# Post Operative Care For Extractions

## Instructions for home care

*It is very important to take care of your surgery site, so please follow these instructions:*

1. ***Bite on gauze for 30 minutes*** (one half hour) to stop bleeding. *If bleeding continues, place gauze and continue to apply pressure.*
2. ***For at least 24 hours do NOT:***
  - Smoke*
  - Drink with straw*
  - Drink alcohol, carbonated beverages or hot liquids*
  - Blow your nose*
  - Spit excessively*

*Any of these things may cause the blood clot over the surgery site to dislodge from the socket causing a “dry socket” and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible.)*

3. ***Do maintain a soft diet for the remainder of the day-*** things like warm soup, ice cream, milk shakes (No straw), etc.
4. ***If your pain, discomfort, or bleeding continues or worsens,*** call the office for a re-examination.
5. ***If you were given medications,*** take them according to instructions. *If you have pain medications, at home, you may take them according to directions.*
6. ***Tomorrow morning,*** start rinsing gently with warm salt water (1/4 teaspoon of salt to 1 cup water) every four (4) hours for two (2) days.

If any problem or questions do arise, please feel free to call the office (870)735-3915 or your dentist on his emergency number (870) \_\_\_\_\_.

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