

## **Tooth Extraction - Post Operative Care:**

- Apply gauze with firm pressure for 30 minutes
- If bleeding starts again, place a fresh piece of gauze over the bleeding area. Bite on the gauze with steady, firm pressure for 1 hour. Do not chew on the gauze.
- Take all medication as directed. In case of pain, you can take an over the counter pain reliever, such as Advil or Tylenol.
- Brush your remaining teeth 3 times a day for the first 24 hours. Do not rinse your mouth or use mouthwash products.
- After the first 24 hours, rinse your mouth with warm salt water (1 teaspoon salt in an 8 ounce glass of warm water). Repeat this at least 4 or 5 times a day to help keep the extraction clean.
- While lying down, please keep your head raised up on 2 or 3 pillows to prevent bleeding and swelling.
- Drink plenty of fluids and eat what you can swallow. Be sure to drink plenty of fluids and eat anything you can swallow. Do not eat foods such as nuts, potato chips, or spicy foods, etc.
- Do not drink any alcoholic beverages or smoke for at least 24 hours.
- Do not drink with a straw for 24 hours.
- Do not spit as it will cause more bleeding.
- In order to minimize healing time, we advise that you return home and rest after having one or more teeth extracted.
- Bruising is normal post-extraction and should disappear in a few days.
- Small, sharp bone fragments may loosen and come through your gum. These are not roots. If these bone fragments bother you, call the office so that we can set up a time to remove them.
- If your pain increases after 72 hours (3 days), or if you have any continued bleeding, please call the office.

Please feel free to call the office to report any condition that appears to be unusual. We may be reached during regular office hours at (215) 545-1202. If we are not in the office, you will receive instructions as to what to do on our voicemail.