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## **Extraction Instructions**

1. **Nothing hot today.** Tomorrow rinse mouth with warm salty water after each meal and for several days after extraction.
2. **Eat something soft. Avoid chewing on extraction site for 2 – 3 days.**
3. **Sterile gauze is to be packed in extraction site with firm pressure for 2 hours.** If you have to replace the gauze due to saturation within the two hours, dampen the new gauze with water before replacing it. Tap water is fine. After two hours of firm pressure, remove gauze and leave extraction untouched unless there is heavy bleeding. Slight oozing from the extraction site is normal for up to 24 hours. If after 3 hours you have a lot of blood coming out of the extraction site, it should be reported to our office for evaluation.
4. **DO NOT SPIT** for at least 12 hours after the extraction. Spitting can increase bleeding as well as a dry socket.
5. **NO Aspirin products for at least 2 - 3 days.** If you take an aspirin daily for medical reasons, do not stop.
6. **To relieve pain,** take a combination of 600 mg Ibuprofen (3 Advil) and 325 mg Acetaminophen (1 Regular Strength Tylenol) every six hours unless you have been instructed differently by your physician or dentist or currently pregnant. **Ibuprofen is not recommended for use during pregnancy.**
7. **No tobacco or tobacco products for three days.**
8. **No alcohol, mouthwash or cough syrup for three days.**
9. **Do not swish with hydrogen peroxide.**
10. **No carbonated drinks for three days.**
11. **No drinking with a straw for three days.**
12. **If you have any swelling you may pack ice in a towel and apply to area, 30 minutes on and 2 hours off for a few days.**
13. **Bony edges or fragments may work through the gums during healing, if this becomes a problem, call the office for removal.**

**PLEASE FOLLOW INSTRUCTIONS TO AVOID COMPLICATIONS.**