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Instructions for Post-Operative Extraction.

- Do not remove the gauze in your mouth for 1 hour, biting firmly on the gauze. This will help stop the bleeding. After 1 hour, remove the gauze and check the site. If bleeding has stopped, then gauze can be removed and discontinued.
- If you are having problems stopping the bleeding, place a moistened tea bag over the area and bite firmly for 30 mins to 1 hour.
- Do not drink carbonated beverages, alcohol, drink through a straw, or smoke within 24 hrs. Do not rinse or spit for the first 24 hours, this may dislodge the clot.
- A certain number of patients develop a "Dry Socket" (especially following the extraction of lower wisdom teeth). This presents itself as a dull aching pain beginning 2-10 days after the extractions. It is a form of delayed healing and simply requires treatment of a sedative dressing into the socket for relief.
- Starting 24 hours following the extraction, begin rinsing your mouth with warm saltwater ($\frac{1}{2}$ tsp. salt to $\frac{1}{2}$ cup warm water) 3 times a day preferable after eating, or as instructed by your dentist.
- After the numbness is gone, you may eat or drink anything desired. Preferably beginning with soft foods and progressing to a regular diet. You should continue brushing your teeth gently 2-3 times a day using a small amount of toothpaste and floss once daily.
- Minimal to marked swelling may occur following extractions. To help minimize the expected swelling, apply firm pressure with a covered ice bag to your face adjacent to the extraction site for 20 mins on/20 mins off, for a total of 6 hours, or as instructed by your dentist.

Please contact our office if any problems arise with your progress and recovery. Return to our office for treatment and/or suture removal as instructed.