

CARE FOLLOWING DENTAL EXTRACTIONS

- **TODAY:** maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area. Keep steady, firm pressure for 30 minutes. Repeat as needed. Do not let saliva pool in your mouth; swallow as normal. If bleeding is persistent, try biting on a moistened tea bag (black tea bags only; no green, white, red, or herbal teas).
- **AVOID** all excessive activity, don't pick at the surgical area, don't consume liquids through a straw, avoid alcoholic beverages and refrain from smoking until healing is well established; minimally 24 hours, to, ideally, 48 hours.
- **DO NOT RINSE** or use a mouthwash for at least 24 hours. If needed, after 24 hours, rinse with either plain water or salt water. The use of commercial mouth rinses during the healing period is **NOT** recommended (refrain from commercial rinse use for one week).
- Following dental surgery, it is normal to experience some **DISCOMFORT**. If medication has been given or prescribed, take as instructed. If no medication has been given, Ibuprofen (Advil, Motrin or generic) is recommended; Acetaminophen (Tylenol or generic) is a good second choice (or first choice if Ibuprofen cannot be used).
- **ORAL HYGIENE:** a toothbrush may be carefully used. Do not neglect oral hygiene; a clean mouth will heal faster. As you heal, you will naturally be able to better clean the area; follow your body's cues.
- **EATING:** adequate food and fluid intake following extraction surgery is essential to healing. If you find that eating a regular diet is too difficult, you can eat softer foods like pasta, yogurt, eggs, oatmeal, mashed potatoes, milkshakes (**NO STRAWS!**) and other soft foods.
- **SUTURES**, if used, will be removed in one week.
- The most effective way to **CONTROL SWELLING** is to apply ice to the affected area (alternate 20 minutes on, 20 minutes off) in the first 24 hours.
- If you have **ANY ALLERGIC REACTIONS** to medications (itching, rash, difficulty breathing, among others), contact Dr. Rossow immediately.