



Post Extraction Care Instructions

1. **Gauze.** Bit on gauze for half an hour. Keep fingers and tongue away from both socket and operative area.
 2. **Rinsing.** Do not rinse mouth for eight hours, though it is permissible to drink lukewarm or cool liquids immediately.
 3. **Rinsing.** Mouthwashes and rinses are advisable, particularly after meals, commencing the following day provided no bleeding is evident.
 4. **Bleeding.** It is normal for saliva to be lightly soaked with blood for about one day. If frank bleeding is present, fold provided gauze into a firm wad and place directly over operative site and maintain steady pressure for 20 minutes or longer. Do not expectorate vigorously or chew the gauze pad.
 5. **Swelling.** Swelling is to be expected in certain cases, often reaching its maximum in about 48 hours, then disappearing in a further two or three days. An ice bag may be applied if it is found to relieve discomfort. There is no need to remain indoors, avoid "drafts," or cover the swelling.
 6. **Prescription.** Take prescription as advised.
-
7. **Diet.** Cold or lukewarm liquids may be taken for the first four to six hours following your return home. After that time, any soft food is permissible.
 8. **Discoloration.** Bruising of the skin occasionally occurs and disappears spontaneously in approximately a week. It is of no importance and does not require treatment.
 9. **Emergencies.** Do not hesitate to call the Doctor at any time if in doubt regarding instructions, or should problems arise.