



POST- OPERATIVE INSTRUCTIONS FOLLOWING EXTRACTIONS

- 1. Do not rinse your mouth for the first 24 hours, but drink plenty of water.**
- 2. Two hours after the first 24 hours, rinse gently with half a teaspoon of salt in a full glass of warm water every two hours for several days. Keep your mouth clean to avoid infection.**
- 3. For bleeding, place sterile gauze over the socket and bite firmly for half an hour. If necessary, repeat this procedure. Avoid rinsing your mouth at this time, as it will increase the bleeding.**
- 4. You may have some discomfort when the anesthesia wears off, take medication as directed for pain. To minimize the swelling apply an ice pack on for 20 minutes and off for 20 minutes. For the rest of the night – swelling will peak in 24-36 hours.**
- 5. If you have any problems such as excessive bleeding, pain or difficulty in opening your mouth, call the dental office immediately.**
- 6. Return for post-operative treatment at the time appointed by the receptionist.**
- 7. No smoking for at least 24 hours.**
- 8. No drinking through a straw**
- 9. No spitting**
- 10. Eat soft foods, and chew on the side of your mouth that did not have surgery.**
- 11. If antibiotics are prescribed, follow the instructions (every 6 hours for a week)**
- 12. If sutures (stitches) have been placed try not to play with them. They will be removed in one week.**
- 13. Brush your teeth normally, but do not spit out very aggressively. Avoid the surgical area for 24 hours.**

Please call our office if you experience increasing discomfort after three to five days. This may be a sign of a post-operative complication, such as dry socket.

Your Comfort is Our Number One Concern

Please do not hesitate to call us with any questions you may have.

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