

## **Post Surgical Instructions**

1. Fold a piece of clean gauze (provided) in a pad thick enough to bite on. Dampen the pad with clean, warm water and place it directly on the extraction site.
2. Apply moderate pressure by closing your teeth firmly over the pad and maintain the pressure for a minimum of 30 minutes.
3. Do not suck on the extraction site or disturb it with your tongue.
4. After the extraction, a blood clot forms in the tooth socket. This clot is very important to the normal healing process so it is important to avoid activities that disturb the clot.
5. Do not use your toothbrush in the area of surgery until you have seen the doctor again for a post surgical healing check (brush all other teeth as usual)
6. Do not rinse your mouth for at least 24 hours
7. Avoid alcoholic beverages or mouthwash containing alcohol for 24 hours
8. Limit strenuous activity for 24 hours after the extraction. This will reduce bleeding and help the blood clot to form
9. After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid hot liquids and do not drink through a straw.
10. Some slight bleeding is normal. If bleeding persists, press firmly on the area with damp gauze or a moist teabag for 15 minutes. Repeat as necessary until symptoms cease.
11. If dressing was applied, do not be alarmed if it becomes loose or lost. Please call our office if you are uncomfortable.
12. Some facial swelling is normal. You may apply ice for the first few hours (15 min on/15 min off) to minimize swelling. Do not apply ice after the first day. Apply heat on day two if swelling persists.
13. If you should have any concerns, questions, or have any difficulty swallowing, please call our office. No question is too trivial! If you need to speak to us after regular business hours, you can reach us 24 hours a day by calling (860) 875-2881 and follow the prompts on our answering machine.