

Post-Extraction Instructions

Bleeding – The gauze pack helps limit bleeding and allows a blood clot to form. You may or may not have one in your mouth when you leave.

DO NOT DISTURB

The best thing to do is to leave the wound alone.

Your tongue will want to touch it. Leave it be.

Limit strenuous activity for 24 hours. No heavy lifting, bending over or anything that gets your heart rate up.

Do not spit, smoke or suck through straws for 24 hours.

Avoid alcoholic beverages or mouthwash containing alcohol for 24 hours.

If you need to rinse gently, swish the water, then let it dribble out of your mouth. (Remember, though, that a little bit of blood mixed with your saliva can **look** like a lot of bleeding.)

If you feel you are bleeding more than a small amount, use the gauze provided for you. Fold about 2 or 3 and **dampen with cool water**.

Leave it in for up to 20 minutes. Do not chew or suck at the gauze. A slight amount of blood may leak from the extraction site until blood clot forms.

Do not put dry gauze in your mouth. (This will pull your blood clot out.)

If it continues to bleed call us immediately. (585-798-0100)

Cleaning Your Mouth

Do not clean the teeth next to the healing tooth socket for the rest of the day.

The day after extraction GENTLY rinse your mouth with warm salt water. This helps get food particles out of the extraction site. Do not rinse vigorously, as this may loosen the clot.

Swelling or Pain

Mild swelling or discomfort is normal. To help reduce swelling and pain, try applying an ice bag or cold, moist cloth to your face.

Eating and Drinking

Chew on opposite side of mouth. Eat soft foods. NO STRAWS. Drink plenty of water.