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EXTRACTION INSTRUCTIONS

These instructions apply to the patients who have had their teeth extracted. They are designed to minimize post-surgical discomfort and inform you of situations that may possibly require special attention.

1. Bite with firm, steady pressure on the gauze packs provided by the office for a period of approximately 30 minutes. DO NOT CHEW THE PACK. Remove the packs at the end of this time. If there is continued bleeding, place new gauze and repeat biting with pressure. This should be continued until the bleeding has stopped.
2. Mild bleeding following surgery is a normal event. If profuse bleeding is still occurring 3 to 4 hours after surgery, CALL THE DOCTOR.
3. Do not try to eat solid foods until the local anesthetic wears off. You will unknowingly bite yourself.
4. However, you may take in liquids immediately and should do so before taking any pain medication. This will help to prevent nausea.
5. When the local anesthetic wears off, you may eat solid foods. Try to maintain as regular and balanced diet as possible.
6. The pain medication prescribed should be taken as directed; however, if your pain returns before the exact time for your next dose, it is okay to take your medication earlier.
7. Everyone's tolerance for pain is different. Therefore, if more pain medication is needed, please call the office.
8. Avoid driving, if you are taking a medication which makes you drowsy.

9. Smoking and alcoholic beverages retard healing. Try not to indulge in either.
10. Ice applied to the outside of the face will reduce swelling. Leave the ice pack on for 20 minutes and then off for 20 minutes. This can be continued for 48 hours.
11. Swelling is normal for 48 hours after surgery and then goes down gradually. If pain or swelling increases after 2 days, it is abnormal and you should call our office immediately.
12. If Sutures were placed, they will need to be removed in approximately 1 week.
13. After an extraction, do not drink through a straw or smoke as you may dislodge the blood clot that is forming.
14. Please feel free to call with any questions you may have. A simple answer may save you a lot of worry.