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## After Your Extraction Instructions

Bite on the folded gauze provided and change as needed until they become light pink when changed. There may be some slight bleeding for the rest of the day. Being active can cause more bleeding, so avoid physical activities for 24 hours. Do not do any rinsing for the first 24 hours. For the next

- three days:
1. No smoking
  2. No spitting
  3. No sucking through a straw
  4. No beverages or mouth rinse containing alcohol

Any of the above can cause the loss or breakdown of the blood clot which protects the nerve endings and promotes healing of the extraction site. If after a few days you experience increased discomfort or aching please call our office. You may have a dry socket and medication of the extraction site could be needed to promote healing.

If sutures were placed they will dissolve on their own in 5-10 days. If they remain after 10 days please call our office to have them removed.

Tylenol or ibuprofen (Advil or Motrin) usually helps with any discomfort or pain. If you were given a prescription for antibiotics or pain medication please take as instructed.

After 24 hours you can rinse very gently with warm salt water 3 to 4 times a day for 5 days to promote healing.

**If you have any questions or concerns please call our office.**