

Post Operative Instructions for EXTRACTIONS



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Do not do anything that will cause suction in your mouth for the first 48 hours.

(*this includes*: **NO** drinking through a straw, **NO** heavy spitting, and most importantly **NO SMOKING**)



Do not rinse your mouth for the first 24 hours after your extraction. After the first 24 hours, rinse your mouth with warm salt water ($\frac{1}{2}$ tsp of salt to a glass of warm water). Again, **do not spit heavily**, rather, let the water drip out of our mouth into the sink. Repeat this several times daily.

Keep your fingers and tongue away from the extraction site.

BLEEDING – It is normal for your saliva to be slightly streaked with blood for the first 1-2 days. If abnormal bleeding should occur, place moist gauze over the site and bite down for 30-45 minutes.

DISCOMFORT – It is normal to have some discomfort after dental surgery. If you have been prescribed medication, take it as instructed.

SWELLING & STIFFNESS – This is normal and should not cause alarm. Apply cold towels or an ice bag to your face for 15 minutes of each hour as needed.

EATING – You can eat when you would like, but while you are numb be careful not to bite your tongue, cheek or lip. Also, please avoid very hot or very cold foods and drink. These items will not irritate the extraction site, and while you are numb you won't realize this. A **soft or liquid** diet is advisable for the first 24 hours.

Please follow these home care instructions carefully and call the office at (910) 799-9916 if you have any questions or concerns