

## Instructions for Post Extraction Care

- Keep gauze in place as long as possible. Change after 3 hours. If you run out of gauze use a dry teabag in its place.
- **Do not** rinse, spit or use a straw for 24 hours after your extraction. A clot must form in this area to help with the healing process.
- Avoid **hot** and **cold** fluid and food. Avoid chewing on the side of the extraction to prevent anything from getting into the area.
- Keep fingers and tongue away from the socket.
- Take prescriptions as advised.
- **Bleeding:** It is normal for saliva to be slightly streaked with blood for about one day. If abnormal bleeding occurs, place a piece of gauze over the extraction area and bite down with normal pressure.
- **Do not take Aspirin** for the discomfort, this will prolong the bleeding time. Take Tylenol instead.
- **Do not smoke** for 24 hours. This is important to aid in the prevention of dry socket.
- Return to the office if any undue symptoms develop.