

## Patient instructions

\*Keep the gauze in the mouth for half an hour after the extraction. Bite the gauze and put pressure extraction site/area. Throw away gauze once it is soaked.

\*If bleeding continues more than half an hour, change the gauze with a new one and continue to maintain pressure for as long as necessary. Keep your head at an elevated position and do not use excess force or strength.

\*Do not rinse for 24 hours after extraction. After day 1 rinse mouth after each meal with a glass of warm water and a tablespoon of salt. Do not use Listerine or any other medicated solution.

\*If your dentist says to use an ice pack, start using when you get home. Use the ice bag for 15 minutes on and 15 minutes off. If necessary, repeat this process for the rest of the day. Example: Icing down the pain and swelling. Do not use ice for more than 24 hours.

\*Eating is important, remember to eat soft foods and drink plenty of liquids such as soup, yogurts, etc. Avoid chewing on the area of the extraction.

\*DO NOT SMOKE OR USE STRAW FOR 24 HOURS AFTER EXTRACTION.

**\*If you have problems, questions, or excessive bleeding, severe pain, please contact our office at (301)527-2727**