

INSTRUCTIONS AFTER TOOTH REMOVAL

- Bite on Gauze w/ moderate pressure for at least 20 minutes. If you cannot bite the gauze, use finger pressure. Only change the gauze if it gets very bloody, otherwise do not remove for the 20 minutes. If bleeding continues after 20 minutes get new gauze and bite on it for another 20 minutes. If bleeding still continues, bite gently on a moist tea bag for 20 more minutes. If bleeding does not stop or decline significantly after the tea bag, call the office.
- Start taking the prescribed medication, as directed, as soon as you get home.
- Do NOT smoke, drink alcohol, spit, blow your nose, or suck through a straw for AT LEAST 2 days after the surgery as these actions can disturb or dislodge the blood clot and cause severe pain.
- Eat liquid or soft foods for a few days, and chew on the opposite side of the site if possible.
- Avoid very hot, very cold, spicy, and crunchy foods for a few days.
- After eating, keep the mouth and area clean by very gently rinsing with 1 cup of room-temperature water and 1 teaspoon salt for about a minute and let the solution drop out of your mouth (Do not spit). You may start brushing your teeth as usual after 24 hours, but use caution, and do NOT brush the extraction site.
- Rest until you feel better, just like any other surgical procedure. Do not exercise or lift heavy objects for 48 hours.
- If you have had **Bone Graft(s)** do not eat on that side or brush that side for AT LEAST 1 week. Keep the area clean by gently rinsing with salt water or an antibacterial rinse up to 4 times a day.
- **Denture Patients** should leave their dentures in the mouth for the first 24 hrs following surgery. Due to some expected swelling, the dentures may not fit well if not worn soon after the extractions. Only remove the dentures in case of heavy bleeding or too much discomfort.
- **Diabetic Patients** should maintain their normal diet and take their medications as usual.

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Emergency #: (818) 383 -9411 or go to the ER at nearest hospital