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Directions for Care of Extraction Site

- 1.) **Do not SMOKE** for 24 hours.
- 2.) **Do not RINSE** mouth for 24 hours.
- 3.) **Keep fingers and tongue away from socket.**
- 4.) **BLEEDING-** some bleeding following tooth extraction is to be expected. If unusual, place wet sterile gauze pad firmly over the site of extraction, and bite down, or hold in place with pressure for 20 minutes. Repeat if necessary. Avoid hot liquids.
- 5.) **SWELLING-** use plastic bag or towel filled with ice against the affected area for 5 minutes on and 10 minutes off, for one hour. Swelling may start after tooth has been removed but is not cause for alarm.
- 6.) **FOOD-** light diet is advisable during the first 24 hours.
- 7.) **NEXT DAY-** rinse mouth with $\frac{1}{2}$ teaspoon table salt in an 8 oz. glass of very warm water, after meals. Repeat for the next 2-3 days, if necessary.
- 8.) **BONY EDGES-** after teeth are extracted; the patient may feel hard projections in the mouth and think they are roots. This is usually the hard, bony partition which surrounds the roots of the teeth. These generally break away or work themselves out.
- 9.) If antibiotics are prescribed, **take full** amount of medication even though symptoms have disappeared.
- 10.) In case of unusual symptoms, call the office at once.