

## **Post Extraction Instructions**

- Keep pressure on the gauze for 30 minutes; change if necessary.
- Avoid drinking through a straw for first 24 hours.
- Avoid smoking for at least one full week (7 days).
- Do not spit for the first 24 hours. Spitting can disrupt the clotting process. If you must, gently drizzle excess saliva.
- Have a soft diet for 24-48 hours.
- Rest and avoid lifting heavy objects.
- Keep ice packs on for first 24 hours.
- Take 400-800mgs of Ibuprofen every 4-6 hours. This will minimize swelling as well as alleviate discomfort.

### **The Next Day:**

- Start with warm salt water rinsing 2-3 times a day.
- Avoid hard, sharp foods such as corn chips that may break and become stuck inside the socket.
- If you are sore, warm compresses may help.

After your extraction, gauze is placed on the wound and you should keep pressure on the gauze for 30-60 minutes. This will help stop the bleeding and reduce swelling.

If bleeding occurs after you remove the gauze, place a moist gauze or a moist tea bag over the wound.

If you have any concerns or the wound begins bleeding after 12 hours, please call us at (727) 724-4227. We care about you.