



OASIS DENTAL

POST-EXTRACTION INSTRUCTIONS

- 1. GAUZE:** Bite on gauze and change every 30 minutes for the next 2-3 hours
- 2. BLEEDING:** Following extractions some bleeding is to be expected. It is normal for the saliva to be slightly streaked with blood for 1-2 days. If persistent bleeding occurs, place moist gauze pads over bleeding area and bite down firmly for one half hour. Repeat if necessary. If bleeding persists, contact the dentist on call.
- 3. DO NOT RINSE MOUTH TODAY.** 24 hours after the extraction, rinse the mouth gently every 3-4 hours (especially after meals) using warm salt water you might also want to rinse with hydrogen peroxide with water.
- 4. SWELLING:** Some swelling is normal and should not cause alarm. An ice bag or chopped ice wrapped in a towel should be applied to the affected area, one half hour on and off for 4-5 hours.
- 5. PAIN:** For mild to average pain use any non-aspirin type of medication you like. Non-Steroid anti-inflammatory like ibuprofen (Advil, Motrin) is recommended.
- 6. MEDICATIONS:** Take any Pain pills, Antibiotics and any other medication as directed by the dentist.
- 7. FOOD/DIET:** A liquid or soft diet (soups, pasta, eggs, and yogurt) is advisable during the first 24 hours. Drink lots of fluids. Avoid drinking with straws for the first few days as this can result in bleeding and delay healing. The sucking creates a negative pressure which will cause bleeding.
- 8. SMOKING:** If you smoke it is advised that you not smoke for the first 36 hours as smoking will delay healing and can cause a very painful condition known as "Dry Socket".

THE PROPER CARE FOLLOWING ORAL SURGICAL PROCEDURES WILL HASTEN RECOVERY AND PREVENT COMPLICATIONS.