

INSTRUCTIONS FOLLOWING EXTRACTIONS

- NO hot liquids
- Do not use a straw to drink
- Very gentle rinsing only for the first 24-48 hours- after that time you may rinse normally with warm salt water.
- If bleeding occurs and does not stop after a few minutes, bite down on 2-3 squares of gauze for periods of 10-20 minutes until bleeding stops. If bleeding persists, apply a wet tea bag for several minutes until bleeding stops. The tannic acid from the tea bag promotes clotting.
- Swelling may occur. To ease this, put an ice pack on the area for approximately 10 minutes then remove it for 10 minutes, for the first 24 hours.
- Avoid hard-to-chew or crunchy foods for the first few days. How sore your mouth is will dictate how long you should eat soft foods.
- **NO ASPIRIN.** This will prevent the clotting action from happening. **TYLENOL** may be taken in the place of Aspirin.
- **Keep** your tongue and fingers away from the surgical site.
- Avoid smoking for at least 24 hours (preferably longer). Smoke prevents healing and dries saliva which is necessary for healthy healing.

If you have any questions please call Dr. John Keyes at 250-385-7511