

Patient Instructions



Extractions

- ❖ We placed fresh gauze right before you left. Please take that out in 20-30 minutes
 - Replace with the sterile gauze we gave you and continue to do so every 20-30 min until bleeding stops
- ❖ Be careful while you are still numb, try not to bite your cheeks, lips or tongue
 - It will take about 3 hours to wear off completely.
- ❖ To avoid disturbing healing:
 - Do not drink from a straw for 2-3 days
 - When brushing your teeth or rinsing your mouth out, do not spit out the liquid- open your mouth and let the liquid fall out of your mouth
 - Avoid foods with small seeds or foods that can get stuck in the socket(s)
 - No smoking for at least 1 week
- ❖ You may be sore for a few days after the procedure
 - For discomfort you can take Ibuprofen 600-800mg and 325-500mg tylenol together, every 6 hours
- ❖ Oozing is normal however, if you have prolonged bleeding try biting on a black tea bag for 20-30 min
 - If you cannot stop the bleeding for 24 hours after the extraction please call the office

Please call the office if you have any questions!