

Anxiety Free Dental Care

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INSTRUCTIONS FOLLOWING TOOTH EXTRACTIONS

Today:

1. **DO NOT RINSE**, smoke, expectorate (spit), and do not drink through a straw for 24 hours.
2. Maintain pressure at extraction site with **DAMP** (wet) gauze for 20 minutes, or until you get home. Some bleeding is normal; if you have any questions regarding bleeding please call the office at 516-796-6600.
3. Apply an ice pack to the area if instructed to do so, or if swelling is present.
4. Take antibiotics if prescribed until finished.
5. Diet should be soft and bland. OK to have soup, scrambled eggs, and yogurt. **NO** chips, nuts, rice, or popcorn.
6. **Take Advil or Tylenol every 4-6 hours** to keep swelling down and to reduce your pain. If you are taking **prescribed narcotics, you may NOT drive or work.**

Tomorrow:

1. No ice should be applied after the first day, but warm salt water rinses, or the prescribed Perioguard rinse throughout the day.
2. Diet should remain soft, then gradually go back to normal diet.
3. Return for suture removal and/or follow-up visit.