

POST EXTRACTION INSTRUCTIONS

1. Bite on gauze for 40 minutes, holding pressure on gauze. Remove the gauze and replace with new gauze for another 40 min. Take the pain medication that the doctor discussed with you. Do not suck on a straw or anything that would have a tendency to dislodge the clot. Do not drink any alcoholic Beverages for 24 hours as alcohol in blood causes poor clot formation. Expect oozing.
2. Do not rinse or smoke for 24 hours. The healing of the area is aided by this action. After 24 hrs, rinse mouth with warm salt water made by placing one (1) teaspoon of salt in 8oz of warm water. Keep the area clean. Continue rinsing daily until area is comfortable. DO NOT RINSE VIGOROUSLY.
3. Take medication as prescribed by the doctor. This is an important part of your treatment.
4. Avoid heavy work for 24 hrs following surgery. Do not eat or drink for 2hrs after surgery, then maintain adequate rest and nourishment.
5. If bleeding starts again after 24 hrs, place gauze over area and bite on gauze, creating pressure on area. Hold for 40 minutes. If bleeding does not stop, place wet tea bag in gauze and bite on area for another 40 minutes.
6. Swelling is a normal occurrence and is part of the healing process after surgery. The swelling should subside in 3 or 4 days. If it persists, please call this office.
7. If the tooth removed was an impacted tooth, swelling can be somewhat controlled by the utilization of ice packs. Apply ice wrapped in a towel alternately, 10 minutes on, 10 minutes off, for 2 or more hrs, if possible.
8. During the healing process, sharp fragments of bone may work up through the gum. If annoying, return to this office for removal.
9. If any other problem arises not covered in the above, please contact this office.
10. You may have sutures placed they will be black or white. Please leave alone and brush gently around the area.

Telephone Dr. Wais at: 480-951-3896 NIGHT / 480-391-0044 DAY