

# CARE INSTRUCTIONS FOLLOWING TOOTH EXTRACTIONS

- BLEEDING** DO NOT USE STRAWS OR RINSE FOR 24 HOURS. Discolored saliva may be apparent for 12-24 hours. If active bleeding occurs, bite on a gauze pad for 20 minutes. If bleeding persists, place another gauze over the area and bite for an additional 20 minutes. Do not disturb the clot.
- SWELLING** Slight swelling may be expected to accompany the removal of teeth. If directed, apply ice to the area for 20 minutes of every hour for several hours for today only.
- ORAL HYGIENE** Resume normal brushing as soon as possible. After today, rinsing with warm salt water (1/2 teaspoon salt to 3 oz. warm water) is optional, but aids healing.
- DIET** Soft to normal diet as tolerated; encourage liquid intake.
- PAIN** If necessary, ibuprofen (Advil®) or acetaminophen (Tylenol®) may be taken.

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