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INSTRUCTIONS FOLLOWING EXTRACTIONS

BLEEDING

Some bleeding is normal after any extraction. Bite on a moist gauze pad for 15 minutes. If bleeding has not subsided, use a fresh pad for an additional 15 minutes. Repeat if necessary.

PAIN

Some discomfort may be experienced following oral surgical procedures. Please be sure to take the medications as prescribed by this office. If you have forgotten what to take or when to take it, please do not hesitate to call us for clarification.

SMOKING

Smoking should be avoided.

SWELLING

Some swelling may be noticed after extraction, reaching a maximum up to 72 hours after treatment. Ibuprofen, (Advil, Motrin) are the best way to prevent swelling. Two – Three 200mg tablets may be taken up to four times per day to prevent swelling for 3-4 days.

EATING

Eat! Your recovery is affected by good nutrition. Avoid very hot, or spicy liquids. Avoid getting particles of food into empty tooth space. Ibuprofen can have a harmful effect on your stomach if continually taken on an empty stomach.

Do NOT use a straw. Suction may dislodge a clot inhibiting healing.

CALLING US

Call us if you have any questions after reading this or you feel that your symptoms are worsening over time. (781) 438-3199