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Surgical Post-Op Instructions

1. **DON'T RINSE** your mouth for 24 hours. Then use a teaspoon of salt in an 8oz. glass mixed with warm water to rinse six (6) times a day. Continue rinsing all week.
2. **BLEEDING** - Some bleeding following tooth extraction is to be expected. Place a sterile gauze pad firmly over the site of extraction and bite down or hold in place with light pressure for 15 minutes. Replace gauze every 15 minutes for an hour and a half. If bleeding continues after applying the gauze, use a tea bag that has been dipped in warm water and place on the extraction site for 15 minutes. If this does not stop the bleeding call Dr. Berg.
3. **SWELLING** - To prevent swelling use a towel filled with ice or a ice pack against the face for 15 minutes on and 15 minutes off. This should be done for the for 12 hours after the extraction.
4. **FOOD** - Light diet is advisable during the first 24 hours.
5. If antibiotics are prescribed, take the full course of the medication, even though symptoms have disappeared.
6. In case of unusual symptoms, call the office at once.