



Post Operative Care Instructions after Extraction

Please follow these instructions after Extraction.

1. Do Not Rinse Mouth Today. Tomorrow, rinse mouth gently with warm salt water or Perioguard.
2. Bleeding. Following extractions some bleeding is expected. Apply gauze pads over bleeding area and bite down firmly for 30-45 min. Repeat if necessary.
3. Swelling. Ice bag or ice wrapped in a towel should be applied to operated area. 30 min on and 30 min off for 4-5 hours.
4. Pain. For mild to average pain, use any non-aspirin type of medication. If you were given a prescription for antibiotic and/or pain medication, follow the instructions on the bottle.
5. Food. Light diet is advisable during the first 24 hours. Avoid any food with small seeds and popcorn for a few days.
6. No smoking, carbonated drinks, alcohol, sipping through a straw, spitting, stooping or lifting for 24-48 hours after surgery. Any of these actions can cause bleeding and delay in healing which could affect the outcome of your treatment.
7. Bone Edges. Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, please call Dr. Liang for their simple removal.
8. If any unusual symptoms occur, please call Dr. Liang at once.
9. The proper care following oral surgical procedures will hasten recovery and prevent complications.