

## VALLEY DENTAL PEDIATRICS

### POST EXTRACTION INSTRUCTIONS

- Bite down on the gauze tightly and replace it with a fresh one in 10 minutes, then remove.
- Use ice packs on the outside of face – 20 minutes on – 20 minutes off for the first 2 days while awake. Then switch to warm compresses. Swelling and bruising may occur.
- You will note slight bleeding for a day or two but the area should not be bleeding excessively. Significant bleeding may be treated by biting firmly on a gauze pad for 5-10 minutes by the clock. Slight oozing is normal.
- Do not rinse with any force – you may *gently* swish water in your mouth, lean over the sink and have it roll out. You may brush before bed the day of surgery.
- Do not spit –you may lose the blood clot that is necessary for proper healing.
- Do not smoke (24 hours) – you may lose the blood clot.
- Do not use a straw (24 hours) – you may lose the blood clot.
- Eat on the other side and use a soft diet. Try pastas, noodles, soups, mashed potatoes or casseroles.
- You may start to rinse *gently* with a warm saltwater rinse in 24 hours.
- You may take any over the counter pain medication that works best for you; do not take aspirin unless directed by your physician. Some soreness and swelling is to be expected for the first few days. The tissues themselves will take 4-6 weeks to completely heal over.
- Please call with any questions or concerns at **(607) 754-3903**.

### FOLLOW INSTRUCTIONS IF MARKED

- ( ) Sutures (“stitches”)
  - ( ) You have sutures that need to be removed in one week.
  - ( ) You have sutures that will dissolve on their own in 7-10 days
- ( ) Antibiotics
  - You have been placed on an antibiotic – it is very important to take it for the *full length* of the time prescribed. Eating yogurt is recommended while taking antibiotics.
- ( ) Prescription pain medication
  - You have been given a prescription for pain – please follow all the instructions given to you; *take only as needed*.