



## CARE OF MOUTH AFTER EXTRACTION OR DENTAL IMPLANTS

1. Remove gauze compress 45 minutes after leaving office.
2. DO NOT DISTURB WOUND with fingers or tongue; in doing so you may invite irritation, infection, and bleeding.
3. DO NOT RINSE FOR 6 HOURS: Avoid all rinsing for 6 hours after operation. You may then use 1/2 teaspoon of salt in a glass of warm water, several times daily.
4. BLEEDING: Some bleeding following tooth extraction is to be expected. If bleeding persists, place a cold, wet tight ball of cotton or a cold, wet cloth teabag firmly over the place of extraction and bite down or hold in place with pressure for TEN MINUTES. Repeat if necessary. The tea bag contains tannic acid which helps to promote a blood clot.
5. SWELLING: Use ice bag against cheek for 15 minutes. Repeat 15 minutes later. Mild swelling may start AFTER TOOTH HAS BEEN REMOVED but is no cause for alarm.
6. PAIN: Some pain is to be expected. It may be relieved by swallowing recommended doses of Motrin or Tylenol or a prescription given by doctor.
7. FOOD: Light diet is advisable during first 24 hours. Avoid hot drinks.
8. BONY EDGES: After teeth are extracted, the patient may feel hard projections in the mouth and think they are roots. This is usually the hard bony portion which surrounds the roots of the teeth. They generally break away or work themselves out.
9. In case of unusual disturbance, fever or reaction to medication, call office at once.