

## Extraction Post - Operative Care: Instruction for Home Care

It is important to take care of your surgery site.

Please follow the following instructions.

1. Bite on gauze for 30 minutes to stop any bleeding. If bleeding continues, place another place of gauze and continue to apply pressure.
2. For *at least* 24 hours:
  - Do not Smoke
  - Do not drink through a straw
  - Do not drink alcohol, and carbonated beverages (pop)
  - Do not drink hot liquids
  - Do not blow your nose
  - Do not spit excessively

*Any of the mentioned above may cause a “dry socket”, which is when the blood clot over the surgery site dislodges from the socket. This may result in unnecessary pain. (Should this happen, call our office as soon as possible).*

3. Do maintain a soft diet for the remainder of the day. Warm soups, ice cream and milk shakes are all great examples. Remember - NO straws.
4. If your pain, discomfort or bleeding continues or worsens, call the office for a re-examination.
5. If you were given medications, take them according to the instructions. If you have pain medication at home, you may take them according to the instructions.
6. Tomorrow morning, start rinsing gently with warm salt water, every 4 hours for 2 days. (*1/4 teaspoon of salt to 1 cup of water*)
7. If any problems or questions arise, please feel free to call the office on (905) 615-1078 or your dentist at home (416) 779-8769.