

## Care Of Mouth After Extraction

1. **DO NOT RINSE MOUTH TODAY.** Tomorrow, rinse mouth gently every 3 to 4 hours (especially after meals) using  $\frac{1}{4}$  teaspoon of salt to a glass of warm water. Continue rinses for several days.
2. **BLEEDING.** Following extractions, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for  $\frac{1}{2}$  hour. Repeat if necessary.
3. **SWELLING.** Ice bag or a cold moist cloth should periodically be applied to operated area. Your dentist may give you specific instructions on how long and how often to use a cold compress.
4. **PAIN.** For mild to average pain, use any non-aspirin type of medication you like.
5. **FOOD.** Light diet is advisable during the first 24 hours.
6. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to this office for their simple removal.
7. If any unusual symptoms occur, call the office at once.
8. The proper care following oral surgical procedures will hasten recovery and prevent complications.