

**Information Following a Tooth Extraction
Farrokh Bashiri, DDS**

Bleeding:

After an extraction, a wet gauze pack is placed over the extraction site to prevent excessive bleeding and to promote the healing blood clot. Keep pressure on it for 30-45 minutes and replace if bleeding continues. Slight bleeding may occur up to 2 days. Avoid activities that could apply suction such as smoking or sucking through a straw.

Rinsing:

Do not rinse your mouth today. Tomorrow you can rinse your mouth gently with a glass of warm water mixed with a ½ teaspoon of salt. You can do this every 3-4 hours a day especially after meals.

Swelling:

Following an extraction, some swelling and skin bruising may occur. A cold moist cloth or an ice bag applied to the cheek will keep it to a minimum. Place on affected area for about 15-20 minutes of every hour for the next 6 hours.

Medications:

If non-aspirin pain medication does not relieve the discomfort you may experience, a stronger medication can be prescribed. Be sure to use all medications as directed.

Food:

A light diet with plenty of liquids is recommended the first day. Avoid carbonated or hot beverages. Chewing should be done away from away from the extraction site.

Oral hygiene:

Continue brushing and flossing being extra gentle near the extraction Site.

Call our office if any unusual symptoms occur

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