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**INSTRUCTIONS FOR HOME CARE AFTER
EXTRACTIONS FOR**

FAITHFUL COMPLIANCE WITH THESE
INSTRUCTIONS WILL ADD TO YOUR COMFORT
AND HASTEN YOUR RECOVERY.

INSTRUCTIONS:

1) Swelling: To reduce ordinary immediate post-operative swelling, apply icepack externally over the area, where the teeth were extracted, hold for 30 minutes on then off for 30 minutes; continue this as often as possible for the first 24 hours.

2) Pain: If pain occurs, take tablets furnished as directed (otherwise Tylenol every 3 or 4 hours). Sleep with 2 pillows in a slightly upright position for the first 12 hours.

3) Bleeding: A certain amount of bleeding is to be expected following tooth extraction. If bleeding fails to stop within a reasonable time observe the following: Take gauze or tea bag and place over bleeding area. Close jaws until teeth touch for 60 minutes by the clock. Remain quiet. Repeat above procedure if necessary until bleeding is controlled. Return at once if there is any unusual pain, discomfort or bleeding.

4) Mouth Rinse: Vigorous mouth washing may stimulate bleeding if clots are not formed. Therefore *DO NOT RINSE* the mouth for at least 24 hours following extractions. After 24 hours, gently rinse mouth with a warm salt water solution (1 teaspoon in 8 ounces of water) 4 to 6 times daily. If bleeding continues, stop all rinsing and follow instructions in paragraph #3.

5) Do Not Disturb the Clot: Its greyish or yellowish appearance and slight odor do not indicate an infected condition. Keep fingers, tooth picks, or other matter that may cause infection out of the mouth.

6) Diet and Elimination: Maintain regular bowel movements; take a mild laxative if necessary. Take nourishment every few hours for the first few days: milk, malted milk, ice cream, soups, broth, fruit juices, egg nog, custard, gelatin, etc. Drink an abundance of water.

7) Do Not Over Exert: For the first 48 hours; this may cause bleeding as well as produce throbbing pain.

8) DO NOT SMOKE FOR 7 DAYS FOLLOWING SURGERY.

9) Do not drink through a straw for 24 hours after surgery.

10) Do not spit for 24 hours after surgery.

11) Gauze is to remain in place for 1 hour after surgery. Do not remove or chew it.

OTHER CONDITIONS

1) Discoloration and Swelling: Do not be alarmed regarding any swelling or discoloration of the face that occurs following operation as it may be perfectly normal and does not necessarily indicate infection.

2) Sutures: (stitches) Do not worry about the sutures we have placed. These will be removed easily and painlessly. They were placed there to control hemorrhage (bleeding) and hasten healing.

3) Pain & Swelling: If pain or swelling occur after the wound has apparently healed, return for an examination.

4) Treatments: Return to the office for post-operative treatment if so instructed. Return at any time if in doubt of progress.