

INSTRUCTIONS

1. **Pain** — If you have been given a prescription, use as directed if necessary. A certain amount of pain following extractions is not uncommon. If you have not been given a prescription for mild pain, take an analgesic about every 3 hours.
2. **Bleeding** — Bite on a gauze sponge for 45 minutes. A certain amount of bleeding is to be expected following tooth extractions. If the bleeding fails to stop within a reasonable time, place a small gauze directly over the bleeding socket. Then place a larger wad of gauze directly over the first piece and bite or hold down firmly for 20 minutes. Remove any large excess jellied blood clots before applying pressure. Repeat the above process if necessary. Biting pressure on a moistened tea bag is a method which will often aid in stopping bleeding. If bleeding occurs, avoid hot liquids and stop mouth rinses. Sit upright and avoid exercise.
3. **Swelling** — To reduce ordinary immediate post-operative swelling, apply an ice pack to the face over the operated part. The ice pack should be applied for about 20 to 30 minutes out of each hour for about the first 24 hours. If swelling persists the second day, discontinue the ice packs and apply warm, wet dressings to the swollen area.
4. **Mouth Rinse** — Vigorous mouth washing may stimulate bleeding if clots are not formed. Therefore DO NOT RINSE the mouth until the following

day. You may then gently rinse mouth with a warm salt water solution (1/2 teaspoonful of salt to glass of warm water) 4 or 5 times a day for several days. If bleeding continues, stop all mouth rinsing and follow instructions on paragraph two.

5. **Do Not Disturb the Blood 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** — Light, soft foods and PLENTY of liquids are advisable. Avoid foods that are difficult to masticate for a few days.
7. **Elimination** — Maintain your normal elimination.

OTHER CONDITIONS

Chewing Gum — If the muscles of the jaw show a tendency to become stiff, chew sugarless gum at intervals to help relax the tension and bring relief.

Bone Fragments — During the healing process, small sharp fragments of bone may loosen and work through the gum. These fragments, which are not roots, usually work out on their own accord, but if annoying, you should return to the office for their removal.

Pain and Swelling — If pain or swelling occurs after the wound has apparently healed, call the office for an appointment.

Treatments — Return to the office for postoperative treatment if so instructed.