



Home Care Following Dental Treatment

After Extraction

Numbness: Numbness usually lasts 2-4 hours. Please do not chew anything or drink hot liquids until your numbness is gone.

Bleeding: Maintain gentle pressure by biting on cotton gauze placed over the surgical area. Keep steady pressure for 30 minutes. Change and repeat as necessary at 30 minute intervals if bleeding persists after 2-3 changes, a tea bag moistened and wrapped in gauze works well.

Rinsing: **Do not rinse or use mouthwash at all for the first 24 hours.** After 24 hours, rinse with warm salt water (1/2 teaspoon table salt in 8 oz warm water) every 1 or 2 hours. Be gentle—aggressive rinsing may dislodge the healing tissue in the surgical area. Avoid commercial mouth rinses in the early healing stage.

Discomfort: Following dental surgery it is normal to feel some discomfort. If medication has been prescribed to you, use it as directed on the label. If not, use your favorite brand of pain reliever as necessary (ibuprofen tends to work best for dental discomfort).

Brushing: Carefully brush all areas in the mouth not involved by the surgical procedure. A clean mouth heals better and faster.

AVOID: Avoid the following during the entire healing period, especially the first 24 hour: aggressive rinsing, forceful spitting, touching, or picking at the surgical area, drinking thru a straw, alcohol, and smoking. Avoid skipping meals. Eat well balanced meals with low or no refined carbohydrates. Eat soft foods until you are comfortable chewing.

Call us: If you have further questions or concerns call us.

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