

INSTRUCTIONS FOLLOWING EXTRACTIONS
OR OTHER SURGICAL PROCEDURES

BLEEDING:

Bite Down on a sterile gauze pad for an hour. If the bleeding has not subsided, use a tea bag for an additional 30 minutes. Repeat if necessary and call the office if bleeding persists.

PAIN:

Some discomfort may be experienced following oral surgical procedures. Two non-aspirin tablets (Ibuprofen or Advil) every four hours will usually relieve the pain for adults. In the case of children or if pain persists, please call the office.

MOUTHWASH:

Do not rinse or swish your mouth today. No spitting or using straws for the first 24 hours. Tomorrow, use salt solution (one teaspoon of salt dissolved in 8 oz of warm water) every three hours to gently cleanse the affected area.

SWELLING:

Some swelling of the jaw may be noticed. Do not be alarmed by this normal reaction of the irritated tissues. Apply an ice bag or a towel wrapped around cracked ice to the affected area for a ten-minute interval. Remove for ten minutes. Repeat this procedure until the swelling is relieved.

EATING:

Wait to eat until numbness is gone. (Eating when numb on the lower arch of the mouth can cause you to bite the lip or tongue.) Soft food is desirable for the period immediately following your visit. Chew solid food on the opposite side of the mouth for 24 hours. It is allowable for you to drink liquids, however avoid very hot liquids.

SMOKING:

Smoking can cause a dry socket. Please refrain from smoking for 48 hours.

ADDITIONAL INSTRUCTIONS: _____

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