



Extractions

Homecare Recommendations

During the First 24 Hours

- Bite on a gauze pad for 30-60 minutes or until bleeding has stopped. Replace with clean gauze if light bleeding continues. Light bleeding may continue for as long as 24 hours. **DO NOT:** Spit, suck on candies or a straw, rinse your mouth or brush near the extraction site, smoke or use tobacco for at least 72 hours, sneeze or cough violently, drink hot drinks and alcoholic beverages, or eat spicy foods.
- **To Control Discomfort**
Take pain medication as needed or as recommended. To keep swelling to a minimum, use an ice bag over the area 20 minutes on and 20 minutes off.
- **Eating and Drinking**
After the anesthetic has worn off, stick to a soft diet and continue avoiding hot, spicy foods and alcoholic beverages.

After the First 24 Hours

- Take medications and or/antibiotics as directed even if all symptoms are gone. It is normal to experience some discomfort for a few days after an extraction appointment. Use one teaspoon of salt to one glass of warm water 2-3 times a day to reduce swelling or discomfort if necessary. You may eat normally as soon as it's comfortable.
- **When to Call Us**
Call our office if heavy bleeding, pain, or swelling increases or continues beyond 2 to 3 days, or have a reaction to the medication. If you have any questions or concerns, feel free to call us at (703) 870-7784.