

## Home Care Instructions: Extractions

- Apply pressure with gauze for 1-2 hours, or until bleeding stops. Change gauze out every 5-10 minutes, or as needed.
- BLEEDING – it is normal for the saliva to be slightly streaked with blood for about 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze or a moist tea bag over extraction and bite down for 30-45 minutes.
- Place cold towels or an ice bag to your face for the first 6-8 hours. Leave on for 15 minutes, then off for 15 minutes.
- Do not swish or rinse mouth until the following day.
- On the morning following the extraction, rinse mouth with warm salt water (1/2 tsp salt to a glass of warm water). Repeat several times daily.
- Keep fingers and tongue away from socket.
- It is normal to experience some discomfort. If medication was prescribed, take as instructed.
- SWELLING & STIFFNESS – it is normal and should not cause alarm. Apply cold towels or ice bag for 15 minutes of each hour as needed. If not, try 2 Extra Strength Tylenol + 2 Motrin all together, take this every 4-6 hours as needed.
- DIET – a liquid or soft diet is recommended during the first 24 hours. Drink lots of fluids. Avoid hard foods, such as popcorn or peanuts for 3 days.
- Return to the office if other symptoms develop.

***This guide, along with others, can be found at [mmSmileCenter.com](http://mmSmileCenter.com) under the “Patient Resources” tab.***