

FAMILY DENTISTRY AT THE LAKES

Drs. Guillory, Carlton, Richter & Mangum

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Extraction

Post-Op Instructions

1. Bite on gauze for at least 30 minutes after procedure then remove once bleeding had stopped.
Replace as needed.
2. **AVOID**: SMOKING, ALL TOBACCO PRODUCTS, SODAS, STRAWS, HOT OR SPICY FOOD, MOUTH WASHES, AND SPITTING for at least **24- 36 hours after procedure**.
3. Eat soft foods (examples: ice cream, mashed potatoes, soup) until you are really for a normal diet.
4. Start warm salt water rinses **tomorrow** after breakfast. **DO NOT SWISH**.
Rinse gently after each meal for 3-4 days.
5. Do not feel extraction site with your tongue.
6. Take any prescribed pain medications with meals.
7. Slight pain, swelling, bruising, and/or bleeding may be normal after some procedures. If any of these symptoms continue or worsen, please call the office or your doctor immediately.