



FAIRMOUNT DENTAL

Post-Extraction Instructions

Continue biting on gauze for 2-4 hours, changing every 30-40 minutes.

DO NOT SPIT, RINSE, SUCK (using a straw), SMOKE, DRINK CARBONATED OR ALCOHOLIC BEVERAGES FOR AT LEAST 24 HOURS. NO HEAVY LIFTING OR PHYSICAL EXERTION. PLEASE SWALLOW SALIVA AND AVOID POOLING IT IN YOUR MOUTH

Activities such as these will result in loss of the blood clot that begins the healing process and may result in a painful condition known as dry socket.

Starting tomorrow, use warm salt water rinses throughout the day to keep the area clean. Allow the fluid to passively empty your mouth. **DO NOT SPIT.**

Brush the area gently

DO NOT pull the cheek to view the area

Swelling, discomfort and oozing of blood is normal in the first 12-24 hours. If you experience excessive bleeding, apply firm pressure with 1-2 folded gauze.

A damp black tea bag may be placed on the area for 30-60 minutes to stop bleeding.

Take any medications prescribed until gone. **Note that antibiotics may affect the efficacy of some birth control pills.**

If stitches were placed, please do not play with them. They most commonly will dissolve in 7-10 days. If they are non-resorbable an appointment will be made for removal

Note: Swelling at 48 – 72 hours may occur and is NORMAL.

Please call us with any questions or concerns

207- 945- 6493