



## Extractions

If you received an extraction(s) in our office recently, here are a few things to be aware of.

- ✓ *For an hour after surgery, you should place pressure on the gauze pad covering the extraction site. If bleeding continues, apply new gauze and pressure for an additional 45 minutes.*
- ✓ *After surgery, place a cold compress on your face near the extraction site for 10 minutes. Remove for 5 minutes. Repeat.*
- ✓ *Do not eat or drink hot foods and beverages after surgery.*
- ✓ *Do not rinse your mouth.*
- ✓ *Do not use a straw.*
- ✓ *Do not spit.*
- ✓ *Do not drink carbonated beverages.*
- ✓ *Do not brush your teeth on the day of the surgery. Then resume normal home care, gently brushing and flossing.*
- ✓ *Bruising, swelling, and pain are normal – particularly if you have had a wisdom tooth extraction. Take your prescribed medication and use a cold compress on your face.*



- ✓ *Plan to eat soft foods, such as soups, milkshakes, fruit juice, and yogurt, for 2-3 days.*
- ✓ *Do not bite your lips and/or cheeks, or scrape your gums. Children should be watched carefully to make sure they don't do this. It will damage soft tissues and result in pain.*