

**EXTRACTION POST-OP INSTRUCTIONS:**  
Instructions for Home Care

It is important to take care of your surgery site, so please follow these instructions:

1. Bite on gauze for 30 minutes (one half-hour) to stop any bleeding. If bleeding continues, place gauze and continue to apply pressure.
2. For the next 72 hours do not:
  - a. Smoke
  - b. Drink through a straw
  - c. Drink alcohol, carbonated beverages (“pop”), or hot liquids
  - d. Blow your nose
  - e. Spit excessivelyAny of these things may cause the blood clot over the surgery to dislodge from the “socket” causing a “dry socket” and resulting in unnecessary pain. (Should this happen, call this office to see the doctor as soon as possible.)
3. Do maintain a soft diet for the next 24 hours - things like warm soup, ice cream, milk shakes (remember NO straws), etc.
4. If your pain, discomfort, or bleeding continues or worsens, call the office for a reexamination.
5. If you were given medications, take them according to the instructions. If you have pain medications, at home, you may take them according to the instructions.
6. In 24hrs, start rinsing gently with warm salt water (1/4 teaspoon of salt to 1 cup of water) every four (4) hours for two (2) days. DO NOT SPIT.
7. If any problems or questions do arise, please feel free to call the office.