



Care of Mouth Following Extractions or Surgery

1. To control bleeding keep pressure on the gauze placed over the extraction site for 30 minutes. If bleeding continues, roll up another gauze, moisten it and hold firm pressure for an additional 30 minutes. If this does not work, bite on a moist tea bag for 30 minutes. If this does not control the bleeding, please call.

NOTE: Often there is a slight oozing of blood which when mixed with saliva, appears to be excessive bleeding. DO NOT BE ALARMED if there is pink-tinged saliva.

2. **Avoid spitting and the use of straws for at least 2-3 days** following your procedure as this may prolong bleeding or delay healing. Gentle rinsing with warm salt water (1 teaspoon salt in a glass of warm water) should begin the day following surgery. Brushing should continue as normal, including the teeth next to the extraction site. Cleanliness is essential to optimal healing.

3. Avoid hot liquids the first few hours following surgery. Be sure to keep up your intake of other liquids. Soft foods are recommended for the first few days.

4. Eliminate smoking for the next **4 days**.

5. Some swelling may occur—do not be alarmed. If swelling becomes worse after 24 hours or a fever occurs, please call.

6. Do not engage in any vigorous activity for the day of the surgery.

7. We recommend over-the-counter pain relievers before the numbing wears off and for 2-3 days after the procedure. Three (3) 200 mg ibuprofen every 6 hours is an excellent choice if you are not allergic or sensitive to ibuprofen, and you may add 500 mg Tylenol if needed for pain relief.

8. If you have been given a prescription for pain medication, then you may want to take that medication for the first day and switch to the over-the-counter medication as soon as possible.

9. If you have any problems or questions, please call.

Dr. Gallisdorfer (336) 766.8983 · Dr. Corbin (336) 422.7790

Dr. Broughton (336) 918.1618 · Dr. Simpson (336) 528.4919