

## Post Extraction Recommendations

We have just removed a tooth. You are currently biting down on some gauze. Stay closed on this until you get home or to wherever you are going. This is to control bleeding. When you get home, remove the gauze. If it s still bleeding, which is common in the first twenty-four hours after an extraction, bite down on one or two pieces of gauze, which we have provided for you.

We have written you a prescription for a pain killer, which should help ease discomfort from the extraction. Be sure to fill your prescription and take it before the numbness wears away (approximately 1-2 hours).

Use common sense in taking care of the area. Brush and floss normally, however do not disturb the extraction area with the brush. Chew food away from the wound. If food gets caught in the extraction site, do not dig it out but use a warm salt water rinse (1tbs. of salt/1 cup water) to gently clean the area. Mouth rinse is also useful as many times an unpleasant odor accompanies the healing process and this helps to freshen ones breath.

If swelling is noticed, apply an ice pack to the area (outside of the mouth) at half hour intervals (one half hour on, one half hour off). This should help keep swelling to a minimum.

Alcohol and tobacco are bad for the open wound so please refrain from use during the healing process.

If you have any questions, we are here to help you so please call my office at (231)799-1110.

Sincerely,

William R. Gaston, DDS