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### CARE OF MOUTH AFTER EXTRACTIONS

After today's treatment:

1. For the first 30-45 minutes following the procedure, bite on the gauze positioned over the extraction site. After that time, you may change the gauze and continue the pressure if heavy bleeding persists. You will have a taste of blood and pink colored saliva for the first 24 hours.
2. DO NOT:
  - Smoke for 4 days
  - Spit for 4 days
  - Use a drinking straw for 4 days
  - Drink soda or alcoholic beverages for 4 days
  - Rinse your mouth during the first 24 hours following the procedure. After 24 hours, begin rinsing your mouth with warm salt water after each meal and at bedtime (1/2 t. salt in 8oz. water)
3. Swelling may occur about the face during the first 2 days following oral surgery. This is a normal reaction of the body to the extraction procedure. Ice will reduce the swelling; place an ice pack on the skin adjacent to where the procedure was performed, 15 minutes on and 15 minutes off, continuously alternating throughout the day of surgery. Rest that day and sleep that night with the chest and head elevated an angle greater than 45 degrees.
4. Nourishment is essential for healing. Drink plenty of fluids. Gradually increase your diet from soup and ice cream to fish, pasta, yogurt, puddings, custard, and soft fruits. You may experience limited opening of your mouth for approximately 3 weeks.
5. Gentle tooth brushing with baking soda is allowed. Avoid the area of surgery.
6. After the teeth are extracted, you may feel hard projections in the mouth and think that they are roots. This is usually the hard, bony partition, which surrounds the roots of the teeth. These generally work themselves out.

If you have any questions, please don't hesitate to contact our office immediately.