

# DENTAL ASSOCIATES of LODI



★www.dentalassociatesoflodi.com★

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## Post-op Instructions - Tooth Extraction

1. Bite on gauze given to you for 15-30 minutes. If bleeding continues, bite on fresh gauze for 30 minutes to an hour. Repeat this until the bleeding has stopped. **DO NOT spit.** All blood from the extraction site will be absorbed by the gauze.
2. **DO NOT drink through a straw for 24 hours.**
3. **DO NOT smoke or use tobacco products for 3-5 days.**
4. **DO NOT rinse or wash the mouth today.** Tomorrow, rinse with a solution consisting of one teaspoon of salt dissolved in a glass of warm water.
5. **DO NOT miss meal.** You may eat or drink after the bleeding has stopped. Start with soft foods as tolerated. Try to eat on the opposite side of the extracted area.
6. Swelling is not uncommon and need not cause alarm. Should swelling occur, apply an ice pack over the affected area for 30 minutes, then off for 30 minutes. Twenty-four hours following the extraction, a hot pack rather than ice should be applied for 30 minutes on and 30 minutes off.
7. Mild pain may be experienced after the anesthesia wears off. You may take Ibuprofen 600 mg every 4-6 hours as necessary (not to exceed the recommended dosage) or take what you would normally take for pain.
8. Please call the office if bleeding, pain, or swelling becomes excessive.