

Post Operative Care After Extractions

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

- Bite on **moistened** gauze for 2 hours or until bleeding has stopped. If bleeding persists after 2 hours bite on gauze or a tea bag for a few more hours until bleeding stops.
- Change gauze every ½ hour making sure gauze has been moistened first.
- If swelling occurs place an ice bag or chopped ice in a towel on swelling site. Alternate between applying ice on for 10 minutes and then off for 10 minutes. Do not over ice.
- Keep fingers and tongue away from extraction site.
- **DO NOT** rinse your mouth for 8 hours, although it is permissible to drink lukewarm or cool liquids to quench your thirst.
- **DO** maintain a soft diet for the remainder of the day.
- For the first 24 hours **DO NOT** smoke, blow your nose, or drink through a straw. All these things can cause dislodging of the blood clot in the socket and cause pain.
- Avoid brushing around the extraction site for 24 hours.
- Expect some bleeding and oozing for 24 hours. You may want to place a towel over your pillow at night to prevent staining.
- Take prescriptions as advised. If you are given antibiotics you must take them until they are gone to prevent infections.
- Avoid strenuous exertion for 24 hours.

Please do not hesitate to give our office a call if any questions or problems arise. We may be reached at (613) 932-2058. After office hours you may want to contact the Emergency Department at the Cornwall Community Hospital at (613) 938-4240.