

Post Extraction Care

For the next 2 weeks please avoid:

smoking
alcohol
excessive exercise
hard or crunchy foods
drinking through a straw
heavy swishing of the mouth
carbonated drinks

Be careful when blowing your nose

Bleeding should stop within 3 hours of the extraction, every 30 minutes you can switch out the gauze that has been provided for you (fold the gauze into a small square, slightly dampen with water, place it on the extraction site and bite down.)

Mild pain and mild swelling is normal

If you do experience pain, you can take up to 600 milligrams of ibuprofen every 6 hours.

If you experience swelling, place a cold pack on the area, on and off for 20 minutes.

If after 3 days you are still experiencing any pain or discomfort, or if you have any questions, feel free to call the office at 480-888-8123.