

For the first 24 hours you may experience the following:

#### Post – Operative Instructions for Extractions

##### After Tooth Removal:

1. Continue to bite on the gauze that was placed by the dentist for 20 minutes. Replace with a new one and continue to bite on it for at least 20 minutes.
2. Ice helps control swelling within the first 12 hours. Keep an ice pack on the area for 10 minutes, remove for 10 minutes and repeat 4-5 times. Do not use ice after 12 hours.
3. Eat soft foods for the first day (lukewarm soup and soft sandwiches are OK).
4. After 24 hours, rinse your mouth with warm water with salt every few hours for 5 days and continue careful brushing.

##### Things not to do for the next 24 hours:

1. Do not spit. This will start the bleeding again.
2. Do not rinse.(Start the day after)
3. Do not smoke.
4. Do not drink alcohol.
5. Do not eat hot or spicy food.
6. Do not apply heat to your face.
7. Do not use a straw.

##### After the tooth is removed the following are normal and should be expected:

1. Bleeding: Most will stop after one hour but some oozing can continue for a day or two. Over the next 2 days, if the bleeding starts again, bite on a moist tea bag. If bleeding continues after 48 hours call the clinic. If excessive bleeding continues outside of the clinic hours, please go to a hospital emergency department.
2. Swelling: Some swelling is normal and will go down after 3 to 4 days. Bruising sometimes occurs and may appear after a few days.
3. Discomfort: The freezing will last 2 to 4 hours, after there may be some discomfort for up to 4 days.
4. If stitches were placed they will fall out or dissolve on their own after a few days unless advised otherwise.

#### Antibiotics

If a prescription was given: Take the pills exactly as described until they are finished.

Call our office if you have any concerns: [613 599-3939](tel:6135993939)