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Post Operative Instructions for Extractions:

- Swelling- Apply a cold wet towel or an ice bag to the side of your face. Leave it on for 20 minutes then off for 10 minutes. This may be repeated up to 2 hours. However, do not use ice after 2 hours.
- Pain- Take the medication as directed by your dentist, listed below.
- Bleeding- Fold a clean piece of gauze the size of your thumb dampen it with cold water and press it into the wound. Bite down firmly for 30 minutes. Repeat this if necessary. Patients taking blood thinners such as Coumadin, biting down on the gauze might need to be done for up to an hour. You can also bite down on a wet tea bag.
- Mouth rinse- for 12 hours you may rinse your mouth with warm saltwater. Mix ¼ teaspoon of salt in a glass of warm water. This can be used before and after meals.

NO SPITTING *for 12 hours*

NO RINSING *for 12 hours*

NO DRINKING THROUGH A STRAW *for 12 hours*

NO COFFEE, TEA CARBONATED BEVERAGES OF HOT LIQUIDS *for 12 hours*

NO SMOKING *for 3-4 days*

NO DRINKING OF ANY ALCOHOLIC BEVERAGES *for 3-4 days*

SOFT FOODS ONLY *for 3-4 days*