

# Richard E. Buck, D.D.S.

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## INSTRUCTIONS FOLLOWING EXTRACTIONS

1. **DO NOT RINSE MOUTH TODAY:** Starting tomorrow rinse mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinse for several days.
2. **BLEEDING:** You will have left this office with gauze covering the extraction site. Keep gauze in place and pressure on it for (30) minutes. When removing the gauze, wet first with water before removing the gauze at any time. A little bleeding or oozing is normal. If simple bleeding continues use the extra package of gauze and apply pressure for another 20 minutes. Repeat until swelling is relieved.
3. **PAIN:** Some discomfort may be experienced following extraction/surgical extraction procedures. For mild to average pain use over the counter pain medication.
4. **SWELLING:** Some swelling may be noticed. DO NOT BE alarmed by this normal reaction. Apply an ice bag for a ten-minute interval. Remove for ten minutes. Repeat until swelling is relieved.
5. **EATING:** Soft/cold foods is desirable avoid hot food and liquids. Avoid getting particles of food into the empty space. Avoid using straws, rinsing or swishing vigorously, smoking, and carbonated drinks for a week. Any of these actions could disturb or dislodge clot for the extraction site. Loss of clot (*dry socket*) may cause painful and uncomfortable delayed healing, requiring visits to our office for treatment.
6. **BONY EDGES:** Small sharp bone fragments may work up through the gums during healing. These are roots, if annoying please return to the office for their simple removal.

\*\*\*Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.