

**Dental Associates of Maitland, P.A.**  
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**Care of the Mouth after Extraction**

1. **DO NOT RINSE MOUTH TODAY.** Tomorrow, rinse your mouth gently every 3 to 4 hours (especially after meals) using one-quarter teaspoon of salt to a glass of warm water. Continue rinses for several days as needed.
2. **BLEEDING.** Following extractions some bleeding is to be expected. Place wet gauze pads over the extraction site and bite down with firm pressure for one-half hour. If persistent bleeding occurs, place iced water in your mouth until it reaches normal temperature. Allow the water to spill out over your sink and replace as needed. Do not spit. No smoking, alcoholic, or carbonated beverages for 48 hours. Do not drink through a straw. Do not irritate the blood clot. If you are to rest, place an older towel over your pillow.
3. **PAIN.** For mild to average pain use any aspirin-type medication you like. If a prescription is given, take one dosage before the numbness wears off. You will feel three types of discomfort: 1) soreness for being wide open, 2) burning sensation at the edge of the gum for that day, 3) localized headache. Call the office if striking pain beyond the extraction site is felt.
4. **INFECTION.** Usually infection is cleared with the removal of the infected tooth. Sometimes an antibiotic will be prescribed. Take this medication as directed. Notify us if you feel soreness to glands, or if you feel fever related to the extraction.
5. **FOOD.** A light diet is advisable during the first 24 hours. Please eat something before taking medication. Avoid salty or heavily spiced foods
6. **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing as a result of gum infection. These are not roots; if annoying, call the office for their simple removal.
7. **SUTURES.** In some cases sutures are placed at an extraction site. An appointment will be made 5 to 7 days later to have them removed.
8. **SWELLING.** Place an ice bag or chopped ice wrapped in a towel over the operated area – one-half hour on and one-half hour off for 4-5 hours unless otherwise directed. After 24 hours, if swelling has occurred, use a warm compress to reduce swelling.
9. If any unusual symptoms occur, call the office at once. The proper care following oral surgical procedures will hasten recovery and prevent complications.