



## Post Operative Care for an Extraction

### **DURING THE FIRST 24 HOURS**

1. DO NOT SMOKE
2. DO NOT SPIT OR RINSE YOUR MOUTH
3. DO NOT DRINK THROUGH A STRAW
4. DO NOT HAVE CARBONATED DRINKS: SODA
5. DO NOT EXERCISE OR DO ANY STRENUOUS ACTIVITY
6. **FOOD:** A LIGHT DIET OF SOFT FOODS
7. **BLEEDING:** Following an extraction some bleeding is to be expected.
8. Place gauze pad - over bleeding area and bite down firmly until bleeding stops. Change gauze pad when needed.
9. **EXCESSIVE BLEEDING:** Place a tea bag in warm water. Then fold tea bag in half and bite down. The tannic acid in the tea bag may help reduce bleeding. If bleeding continues, call the office.
10. **PAIN:** Take pain medication before anesthetic wears off. Use pain medication as directed.
11. **SWELLING:** If there is swelling, use a cold pack or ice wrapped in a towel and apply to area one-half hour on and one-half hour off for 4-6 hours.

**\*IF ANY UNUSUAL SYMPTOMS OCCUR, CALL THE OFFICE AT ONCE.**

**NEXT DAY CARE:** Gently rinse you mouth every 3-4 hours (especially after meals). Use half a teaspoon of salt and half teaspoon of baking soda in a glass of warm water. Continue rinses for several days.

**MOUTHWASH AND ALCOHOL:** Do not use mouthwash or drink alcohol for one week.

**BRUSHING:** Do not put the toothbrush in the socket. The teeth near the extraction area can be brushed gently.

**BONY EDGES:** A small sharp bane fragment may work up through the gums while healing. The bone fragment(s) are not roots. If annoying, return to the office for a simple removal.



# Carolina Aesthetic Dentistry

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## **Immediate Denture**

Instructions for the day of extraction:

- Your denture will be delivered after the procedure
- Do not remove the denture
- You should not eat sticky foods. (example: chewing gum or caramel)
- You should not eat hard and crunchy foods. (example: raw carrots or french bread)
- Rinse daily with warm water mixing half teaspoon of baking soda and half salt.

Please contact the office immediately if your temporary crown should come off or break.

If your temporary crown is off and you're not able to get to our office within a day, you may use toothpaste or Fixodent denture adhesive inside the temporary crown and place it back on the tooth.

If you temporarily place your crown back on at home, please make an appointment to have the temporary crown evaluated in our office as soon as possible. During this appointment we may recement or remake your temporary crown.