



**Lincroft Village
Dental Care**

9 Middletown-Lincroft Road
Lincroft, NJ 07738
732-842-5005

CARE OF MOUTH AFTER EXTRACTION

1. **DO NOT RINSE MOUTH TODAY!**

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 for several days.

2. **BLEEDING:** Following extractions some bleeding is to be expected. If persistent Bleeding occurs, place gauze pads over bleeding area and bite down firmly. Change gauze at 15-minute intervals for one hour. **IF BLEEDING PERSISTS CALL THE OFFICE.**

3. **SWELLING:** Ice pack should be applied to operate area, alternate 15 minutes on, 15 minutes off, for a period of 1 hour

4. **PAIN:** Tylenol or Advil should be sufficient. If you feel you need stronger medication please call the office.

5. **FOOD: NO EATING OR DRINKING FOR 3 HOURS:**

6. **NO SMOKING AND NO EXERCISE FOR 24 HOURS.**

7. **BONEY EDGES:** Small sharp bone fragments may work up through the gums during healing. If they become annoying return to the office for their simple removal.

8. If any unusual symptoms occur call the office at once.

9. The proper care following oral surgical procedures will hasten recovery and prevent complications.