



**RAPHA
DENTAL**
Gentle & Affordable Dentistry

PATIENT INSTRUCTIONS AFTER EXTRACTIONS

- **EXTRACTIONS**

- Place cold towels or an ice bag to your face for the first 6 ~ 8 hours. Apply for 15 minutes, then remove for 15 minutes
- Do not rinse mouth until the following day
- On the morning following surgery, rinse mouth with warm salt water (1/2 tea spoon salt to a glass of warm water). Repeat this several times daily
- Keep fingers and tongue away from socket
- **BLEEDING** – It is normal for saliva to be slightly streaked with blood for 1 ~ 2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30 ~ 45 minutes
- Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed.
- **SWELLING & STIFFNESS** – it is normal and should not cause alarm. Apply cold towels or ice bag for 15 minutes each hour as needed
- **DIET** – A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids
- Return to the office if undue symptoms develop