

## ***FOLLOW UP CARE FOR EXTRACTIONS***

***It is important to take care of your surgery site. Please follow these instructions!***

- ❖ Bite on gauze for 30 minutes to stop any bleeding. If bleeding continues, place another damp gauze and continue to apply pressure.
- ❖ Maintain a soft diet for the remainder of the day – things like soup, ice cream, instant breakfast, eggs, mashed potatoes, yogurt, jello, etc. *Remember- do not drink through a straw!*
- ❖ If you were given pain medications, take them as directed. Many prescription medications cause drowsiness, so make sure not to drive after taking them. Over-the-counter drugs such as Tylenol or ibuprofen can be taken according to instructions. *Remember- No aspirin!*
- ❖ The day after the extraction, begin to gently rinse with warm salt water. This should be done especially after eating. It will be important to keep the area as clean as possible to avoid infection and promote healing.
- ❖ Avoid excessive activity. Do not do things that will raise your blood pressure. Lie down and rest following your extraction, and do not pick at the area.
- ❖ When brushing, brush gently!
- ❖ If your pain, discomfort or bleeding continues or worsens, call our office at 262.338.2992 for an appointment.
- ❖ For at least 24 hours, do not:
  - Smoke
  - Drink liquids through a straw
  - Drink alcohol, carbonated beverages, or hot liquids
  - Blow your nose
  - Spit excessively
  - Take aspirin
  - Eat crunchy or sticky items such as popcorn, chips, crackers, and taffy