

Dr. Jack Horbal, DDS
Dr. Kerstin Horbal, DDS
773-275-0110

Patient Instructions Following Extraction

Bleeding: Bite on a gauze pad for 45 minutes and then discard. Some oozing or seepage of blood is normal. However, if bleeding continues, you may bite down on a moistened tea bag for an additional 10-15 minutes. Avoid eating until the bleeding has stopped.

The extraction site will fill with a blood clot; this facilitates healing. It is very important to maintain this clot, especially during the first 48 hours.

- **NO** vigorous rinsing for 48hrs
- **NO** spitting
- **NO** drinking with a straw
- **DO NOT** suck on the gum tissue

After 48 hours you may rinse the area with warm salt water (1/2 tsp to one glass of water) at least 3 times a day, especially after eating. This rinses away any food debris and promotes healing.

Diet: NO drinking for 1 hour; NO eating for 2 hours. Drink plenty of liquids and try to eat as normally as possible. However, avoid hot, spicy or coarse foods and carbonated beverages. Avoid popcorn and peanuts as they may become stuck in the extraction site.

Pain: An extraction site is a wound, so pain is to be expected. You may use any non-aspirin medication (for example: Tylenol or Ibuprofen) for your pain. Take medication as directed.

Swelling may occur. If it does:

- During the first 48 hours, apply ice in 15 minute intervals (15 minutes on and 15 minutes off)
- After 48 hours, apply a hot water bottle or hot towel in a similar manner, as needed
- Keep your head slightly elevated when lying down (i.e. extra pillow)

Oral Hygiene: You may brush your teeth and floss as normal, but try to avoid the extraction site. When you rinse during the first 48 hours, remember to rinse very gently and DO NOT spit, instead allow the water to fall out your mouth.