

Home Care Instructions

For the next 48 hours do not consume or partake in:

- Smoke or vape, including marijuana
- Alcohol or recreational drugs
- Heavy exercise or strenuous activities

Other precautions:

- Smoking and alcohol will delay healing, refrain for as long as you can
- Do not spit, gurgle, or rinse vigorously
- So not drink through a straw or suck on a straw

Home care:

- Stick with a soft diet, e.g. yogurt, banana, soft bread, soup, ice cream, fish, egg, over cooked pasta.
- You may gently rinse with salt water and tilt your head to let the water spill from your mouth, do not spit.
- Some swelling is normal. If you notice swelling, place an ice pack 15 minutes on and 15 minutes off.
- If antibiotics were prescribed, take to completion even if you are feeling better.
- Acetaminophen (Tylenol) and Ibuprofen (Advil) can be staggered (follow the time interval on product's label) to manage pain.
- Gently brush the teeth next to the surgery site(s), if you have discomfort then avoid for today and try tomorrow.

For Extractions: failure to follow all home care instructions may result in the dislodgement of the blood clot from the extraction socket. The resulting dry socket is very painful and will delay healing.

We will ensure bleeding has stopped before your discharge, it is normal for a bit of blood to ooze from the surgery site and does not require any action.

For extractions: if you believe there is significant bleeding again, take one or two pieces of gauze fold it into a square and place it over the socket, bite down on the gauze and apply firm pressure for 30 minutes.

Call our office if you have heavy bleeding, severe pain (that can not be manage by over the counter pain killers), significant and progressing swelling, allergic reaction to prescribe medication.