



### *Information Following Extraction Procedure*

1. Gently swallow saliva after surgery, to keep the gauze in your mouth as dry as possible. This will help the bleeding.
2. Bite on gauze for a time period of 40 minutes, and then remove it gently; Do not use your fingers: spit it out smoothly and gently
3. Apply ICE over the area of surgery for the first 24-36 hours, while you are awake, as often as possible. This will help control swelling and may help the area to be more comfortable.
4. Maintain a LIQUID / SOFT FOOD DIET for the next 48 hours, beginning one hour after the surgery.

Examples: Soups (that are lukewarm, not hot), juices, etc.

5. Then, begin with soft food, ex: eggs, chopped meat, mashed potatoes, gelatin, etc.
6. Gradually increase to regular diet as tolerated.
7. In case of bleeding; wipe away all clots in the mouth, place gauze directly over the tooth socket and bite firmly for 40 minutes. Bleeding should gradually slow over the first 24 hours after your surgery and may continue up to 48 hours but should be minimal. If bleeding does not stop, call us.
8. Do not touch the postoperative area with your fingers, handkerchief, tongue, etc., this may promote bleeding and even infection.
9. Do not drink through a straw during the first 48 hours, because this promotes bleeding. No heavy lifting over 25 lbs for first 48 hours.
10. Do not spit or vigorously rinse your mouth for the first 48 hours after surgery. On the next day after surgery, begin rinses: warm salt water (1/2 teaspoon of salt in 8 oz of water) or any other mouthwash recommended by your physician, 3 – 4 times a day can be used.
11. Oral Hygiene should be as usual, brushing very gently in surgical area, after 48 hours
12. Avoid hot beverages the first day after surgery as listed above.
13. Take the prescribed medication.
  - Take your pain pills with a whole glass of water and small amount of food if the pills cause nausea.
  - If you were given a prescription for antibiotics, have it filled the day of the surgery (as soon as possible) and take it as directed.
  - Tylenol or Advil may control pain only if no infection exists.
14. Do not smoke during the first 3 days after surgery at minimum.
15. Do not drink alcohol during the time you are taking any prescribed medication.
16. REST: Avoid strenuous activity for 2 days after the surgery.
17. If swelling or stiffness persists more than 2 days, apply heat in any form (heating pad, hot water bottle). Avoid any burns.
18. If you have any questions or concerns after hours, contact Dr. Reiter at 407-375-3254.

Thank you, Your Collins Dental Team