

## **EXTRACTION: POST OPERATIVE INSTRUCTIONS**

1. Continue to bite on gauze for at least 30 minutes after extraction, changing the gauze every 20-30 minutes.
2. Eat soft foods for the first 24-48 hrs after the extractions. No chips, crackers, or nuts.
3. A good rule to follow: if you can cut it with a fork, it is acceptable.
4. After each meal, please rinse with warm salt water to keep the extraction site(s) clean. Avoid rigorous rinsing (gentle rinse).
5. Do not drink through a straw (suction can cause additional bleeding)
6. No Smoking, no Alcohol
7. You may notice redness in your saliva for a few days, this is normal as the extraction sites continue to heal.
8. Avoid Tylenol (acetaminophen), and take all prescriptions as instructed.

**Please call the office if you experience any symptoms that appear out of expectation**