

Care of your Mouth after an Extraction

- 1) **DO NOT RINSE YOUR MOUTH, DRINK THRU A STRAW, OR SPIT FOR THE FIRST 24 HRS**-Tomorrow rinse mouth gently every 3-4 hours (especially after meals) using ¼ teaspoon of salt to a glass of warm water. Continue rinses for several days.
- 2) **BLEEDING**- Some bleeding is to be expected. Place wet gauze pads over the bleeding area and bite down firmly for ½ hour. Repeat as necessary until the bleeding is controlled. A pink seepage is normal for 12 to 48 hours.
- 3) **SWELLING**- Ice bags or chopped ice wrapped in a towel should be applied to the area initially. You should apply the ice ½ hour on, ½ off, for a total of 4-5 hours. If an infection exists, apply heat to the area such as a hot water bottle.
- 4) **PAIN**- For mild to average discomfort, we prefer you to use any Tylenol or Motrin-like medication. For severe discomfort, take the prescription given by Dr. Zilker, or call the office.
- 5) **FOOD**- Light diet is advisable during the first 24 hours.
- 6) **BONY EDGES**- Small sharp bony fragments may work up through the gums during healing. These are not roots; and if annoying, please return to the office for their removal.
- 7) **POST-OPERATIVE COMPLICATIONS**- The most common condition is a defective wound healing process in which the blood clot becomes infected. This condition usually occurs around the third day after surgery and is usually manifested by severe pain. Please call the office for treatment immediately.
- 8) **MEDICATIONS**- Please take your medications as prescribed. If any unusual symptoms occur, call the office immediately.
- 9) **SMOKING**- Please do not smoke.

**DAVID C. ZILKER, D.M.D. 2762 Nazareth Rd., Easton, PA
(610) 253-4227**