



Hendersonville: 615-824-7575

Nashville: 615-353-5678

Smyrna: 615-220-2739

Maryland Farms: 615-331-4750

After Care Following Extraction

1. Leave the gauze in place for at least 1 hour.
2. An icepack or crushed ice in a towel should be applied on the face over the area as soon as possible - 20 minutes on then 10 minutes off. Continue for several hours.
3. If excessive bleeding occurs, fold a piece of gauze, wet it, place it over the socket and bite down on it for 20 minutes. If this fails to stop the bleeding, try biting on a wet teabag for 30 minutes. If the bleeding continues, call the office.
4. Do not rinse your mouth until the following morning. Rinsing may dislodge the blood clot and interrupt the normal process of healing.
5. In the morning rinse the mouth gently with a glass of warm salt water (1/2 teaspoon of salt in an 8-ounce glass of warm water). Repeat 3 or 4 times a day.
6. For your comfort, soft foods are indicated for the first 24-hours. Drink plenty of fluids, but do not drink through a straw.
7. No seeds or nuts for 4 weeks.
8. No smoking or alcoholic beverages for 24 hours.
9. ***If a bone graft was placed, begin, and continue Vitamin D supplementation (5,000 IU/day) for 4 months after procedure.***
10. The teeth should be given their usual care (brushing and flossing), except in the region of the extraction.
11. Small sharp bone splinters may work up through the gums during healing. These are not roots. If they cause irritation, call the office to schedule their removal.
12. If any unusual symptoms occur, call the office at once.

IF IT STARTS WITH AN "S" THINK TWICE! AVOID THE FOLLOWING:

SPITTING, SWISHING, STRAWS, SUCKING, SMOKING, SODAS AND SCOPE (ANY ALCOHOL)