

POST-OP EXTRACTION(S)

INSTRUCTIONS

DO NOT DO ANYTHING TO CAUSE SUCTION

Drinking through a straw, Smoking or Spitting

Soft diet- eggs, soups, pastas

Stay away from chips, pretzels, popcorn, peanuts

Any foods that pack

Stay biting on gauze for 45 min to 1 hour as needed (if starts to bleed again bite on more gauze for another 45 min to 1 hour)

Stay away from carbonated beverages for 24 hours (NO SODA, BEER OR WINE)

Do Not do anything to get your heart rate up. (running, bending , lifting, etc.)

Go home and take it easy for the day.

Stay hydrated- lots of fluids (water, juice)

Take advil, motrin, aleve, ibuprofen

Ice for 24- 36 hours (20 min on 20 min off) **NO HEAT**

Do not rinse your mouth for 24 hours then use warm salt water

If bleeding persists bite on a moistened (caffeinated) tea bag for 30-45 min

PS must share tooth fairy money with us