

Sterling Family Dentistry, P.C.
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The following suggestions will help make your post-extraction period much more comfortable.

----Bite on gauze provided for 30-45 minutes following your extraction. Upon removal of gauze if extraction site is still bleeding, dampen new gauze with water and bite down on it for an additional 30 minutes. **Pressure stops the bleeding.** Continue with pressure for as long as it takes to stop the bleeding. For stubborn bleeding sites, biting down on a dry tea bag will accelerate clot formation.

For the first 24 hours following your extraction:

- Do not smoke.
- Do not spit or rinse.
- Do not suck or drink through a straw.

After 24 hours:

- Rinse gently with warm salt water (1/4 tsp. of salt in one cup of warm water). Rinse several times during the day.

Chew soft foods and avoid chewing or brushing near the extraction site for three days following your extraction.

Take prescribed pain medication only if needed. In most cases, Tylenol, Motrin, Advil, or Aleve will be sufficient to relieve any discomfort.

If any swelling should occur, apply ice packs for 20 minute intervals, with 10 minutes between intervals, until swelling is controlled. This is to be done for the first 24 hours only.

IF THERE IS ANY PROBLEM WITH YOUR EXTRACTION, PLEASE CALL OUR OFFICE. YOUR COMFORT IS ALWAYS OUR CONCERN.