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## Instructions after Dental Extraction

### Bleeding

It is normal for saliva to be slightly streaked with blood. To stop active bleeding, place a moist piece of gauze or a cold wet squeezed tea bag and apply pressure by biting on it for 30 minutes. If necessary, repeat this application of pressure. Keep your fingers and tongue away from the surgical site.

### Rinses

Do not actively rinse your mouth until the day after surgery. Then, for the next 72 hours, rinse mouth with warm salt water. After the 72 hours, continue rinsing with warm salt water or switch to a mouth rinse such as Peridex or Listerine. Repeat this twice a day for 5 days. Avoid rinsing or spitting vigorously. For warm salt water: 1 teaspoon salt and 1 cup water

### Diet

**No straws for 24 hours.** To prevent any inadvertent food particles from contaminating or injuring your surgical site, **you should only have liquid and mashed foods around the surgical site during the first 2 weeks.** Some examples are fruit juices, ice cream, soups, Ensure, Carnation Breakfast Essentials, custards, mashed potatoes, peas, corn, and any food mashed in blender. **Smoking should be avoided, especially for the first 2 weeks.**

### Swelling

In some cases, puffiness and swelling may result and should not be a cause for alarm. To help prevent swelling, place an ice pack on the outside of your face, adjacent to the surgical area for the first 8 hours after your visit. Leave it on for 15 minutes, then off for 15 minutes.

### Medication

Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:

- a. ALL MEDICATIONS MAY PRODUCE ALLERGIC REACTIONS AND/OR SIDE EFFECTS.
- b. NARCOTICS MAY IMPEDE DRIVING WHILE USING MACHINERY, USE MENTAL ALERTNESS.
- c. ANTIBIOTICS MAY NEGATE BIRTH CONTROL MEDICATIONS. USE ALTERNATIVE METHODS.

### Concerns

If you have any doubts or concerns, please call us at (510)792-7888 or email info@fremont.dental