

*Jonathan M. Davis, DMD*

Fellow, Academy of General Dentistry  
1410 Highland Ave., Suite 203  
Needham, MA. 02492  
Telephone (781) 444-2669

## Instructions Following Dental Extractions

1. DO NOT DISTURB WOUND: to do so may start bleeding and invite infection. Maintain gentle pressure by biting on the gauze sponge that has been placed over the surgical area for at least 30 minutes. Avoid spitting, smoking, feeling or playing with the area for at least 24 hours.
2. DO NOT RINSE: or use mouthwash for at least 24 hours. After the first 24 hours lightly rinse with warm salt water (1/2 teaspoon of table salt in a glass of warm water) every 2-4 hours for several days.
3. THE TOOTHBRUSH: should be carefully used in the areas of the mouth not involved by the surgical procedure. A CLEAN MOUTH HEALS FASTER.
4. PAIN: following dental surgery. It is normal to experience some pain. If medication has been given or prescribed take as directed. If severe pain persists for several days, call the office.
5. SWELLING: it is normal to experience some swelling after a difficult extraction or surgical procedure. To retard this, apply an ice bag to the outside of your face, on for 20 minutes, off for 20 minutes. Do this up to the first 24 hours after surgery.
6. EATING: adequate foods and fluids following surgery or extraction is most important. Select soft foods to eat, avoid chewing on the wound, and drink plenty of liquids.
7. EXCESSIVE BLEEDING: needs attention. Place a folded gauze pad over the socket and bite down with moderate pressure for 30-40 minutes. Rest in a sitting position and remain quiet. If bleeding does not subside, call for further instructions immediately.
8. SUTURES: if they were used, an appointment will be made for their removal.
9. Occasionally small bone fragments may work up through the gums during healing. These are not roots; if present, return to the office for removal.

Please call the office if you have any questions.