

BARRHAVEN DENTAL CARE
3777 Strandherd Drive
Nepean, Ontario K2J 4B1

POST EXTRACTION PROCEDURES

BITE ON GAUZE FOR ½ HOUR. Keep fingers and tongue away from both socket or operative site.

Do not rinse mouth for 8 hours, although it is permissible to drink lukewarm or cool liquids immediately.

Non-alcoholic mouthwashes or rinses are advisable, particularly after meals, commencing the following day, provided no bleeding is evident.

BLEEDING:

It is normal for the saliva to be lightly streaked with blood for about one day. If frank bleeding is present, fold provided gauze into a firm wad and place directly over the operative site and maintain a steady pressure for twenty minutes or longer. Do not expectorate vigorously or chew the gauze. A tea bag may be substituted for the gauze pad.

SWELLING:

Swelling is to be expected in certain cases, often the maximum in about forty-eight hours, then disappearing spontaneously in a further two to three days. An ice bag may be applied. However, this is only necessary if it is found to relieve discomfort. There is no need to remain indoors, "avoid drafts" or cover the swelling. Take prescriptions as advised.

Take: _____

DIET:

Cold or lukewarm liquids may be taken for the first 4-6 hours following return home, after this any soft food is permissible.

STRAWS:

Do not drink anything using a straw for 24 hours after the extraction.

DISCOLORATION:

A bruising of the skin occasionally occurs and disappears spontaneously in approximately a week. It is of no importance and no treatment is indicated.

EMERGENCIES:

Do not hesitate to call the Doctor at any time if in doubt regarding instructions or should problems arise.

DO NOT TAKE ASPIRIN.