

**Miller Family Dentistry  
Christopher Scott Miller DDS**

**Extraction Post-Operative Instructions**

**Please read and follow these instructions. They will make you more comfortable and help prevent any possible complications.**

1. Hold biting pressure to gauze over extraction site for 1 hour; if significant bleeding occurs after that, bite on another gauze or a tea bag. Contact the doctor if bleeding persists.
2. 24 hours following your extraction, start rinsing with warm salt water 3-4 times per day. Rinse very gently the first couple of days, and more vigorously thereafter.
3. You may brush all your teeth except the area where the tooth was removed. Also avoid hard, crunchy foods for the first few days.
4. Ice packs held on the side of your face adjacent to the extraction site may be helpful to minimize swelling.

**Do's and Don'ts**

**Do:**

- Rest for the remainder of the day
- Ice- 30 minutes on, 30 minutes off today
- Elevate your head today
- Gauze-keep in place for 1-2 hours
- Medications -Take as directed
- Nourishment-Soft foods and liquids today

**Don't:**

- Smoke-for 48 hours
- Rinse-Your mouth for 24 hours
- Spit-for 24 hours
- Drink with a straw
- Sodas-No carbonated beverages for 48 hours
- Alcohol-Avoid alcoholic beverages for 48 hours

