



CARE OF THE MOUTH FOLLOWING TOOTH EXTRACTION

- 1- Please bite on the gauze in your mouth for 30-40 minutes after the procedure. Some bleeding is to be expected after a tooth extraction. If persistent and extensive bleeding occurs, place a gauze pad, absorbent cotton, or a regular moist non-herbal tea bag over the area and bite down firmly for 30 minutes.

- 2- DO NOT RINSE OR SPIT on the day of the extraction. After 24 hours rinse mouth gently with warm salt water or any prescribed oral rinse 3-4 times daily for 1 week to promote healing.

- 3- Arnica Montana (5 pills under the tongue 3x/day) may help with post-operative healing.

- 4- Please take any medications prescribed for you as directed.

- 5- Avoid hot foods and beverages for the next few hours. After two hours you may eat foods of softer consistency as tolerated. Avoid anything that is hard or crunchy. Stay away from the surgical area while eating and chewing (eat on the opposite side of the surgical site).

- 6- NO SPITTING, SMOKING, OR DRINKING THROUGH A STRAW DURING YOUR HEALING PHASE. Doing these things may dislodge the blood clot which can restart bleeding and can create further issues.

- 7- Apply ice to the surgical area 20 minutes on, 20 minutes off, while awake for the first 24 hours, as this will help reduce swelling.

- 8- Please follow any additional specific instructions given to you by your doctor.

- 9- If you have any questions, please feel free to call our office at 617-484-0475.

- 10- In case of an emergency after hours please call Dr. Naghieh on her cell phone at 617-823-0199.

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