



Care of the Mouth After Extractions

Your proper care and attention to these instructions will speed your recovery and prevent complications:

1. Rinse your mouth gently every 3-4 hours using 1/4 teaspoon of salt in a glass of warm water. Repeat this for a couple of days after the extraction. Be careful not to dislodge the blood clot at the extraction site as this may cause prolonged bleeding and possibly pain.
2. **BLEEDING.** Following extractions, some oozing of blood is to be expected. If persistent bleeding occurs, place a gauze square folded in half twice over the extraction site and bite down gently but firmly for 30 minutes. Repeat if necessary. Some blood on your pillow the morning after your extraction is also normal.
3. **SWELLING.** In order to minimize swelling, use an ice bag or a bag of frozen vegetables in a towel on the outside of your face over the extraction area. Use this for one half hour on, then one half hour off 4-5 hours.
4. **PAIN.** For mild pain, use any over the counter medication, such as Aspirin, Tylenol, or Advil. If we have given you a prescription for a stronger pain medicine, then follow the directions on the prescription.
5. **FOOD.** Be sure to maintain proper nutrition following extractions. A light, soft diet is recommended for the first couple days after your extractions.
6. **SMOKING.** While smoking is never good for you, you should be sure to **NOT SMOKE** for several days after the extraction. Smoking or sucking juice or fluids through a straw might dislodge the healing blood clot that forms over an extraction and may cause prolonged bleeding and possibly pain.
7. **BONY EDGES.** Often times, bony pieces of fragments may work their way through your gums during healing. These are not tooth roots. If they do work their way out or become an annoyance, return to our office for their simple removal.
8. If any unusual symptoms occur (persistent pain or bleeding which does not stop), please call our office at **604-224-8000** or, after office hours please call Dr. Kan at **604-715-0459**.