

# Lawrence Dental Group

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## **Post Op Instructions After An Extraction**

After an extraction it is important for a blood clot to form and begin the healing process. Bite on the gauze for one half hour, after the half hour throw away the gauze and take two more gauze pads that were given to you, fold them in half and half again and bite down. Change them every 15 minutes until the bleeding stops.

### **After the blood clot forms, it is important to protect it**

DO NOT SMOKE FOR AT LEAST 72 HRS  
DO NOT DRINK FROM A STRAW

DO NOT RINSE OR SPIT (this will dislodge the blood clot and slow down the healing process, and can also increase your risk for developing a dry socket.)

Some discomfort is normal after an extraction. Take 2 Tylenol or Ibuprofen (it works well for dental pain) every 4 to 6 hours as needed for pain.

If swelling occurs, use an ice pack, apply for 10 minute intervals then remove it for 10 minutes.

Soft foods are desirable for a period immediately following your visit. Chew solid foods on the opposite side of your mouth.

AVOID ALCOHOL AND SPICY FOODS.

AGAIN, DO NOT RINSE TODAY.

Tomorrow gently rinse your mouth with a warm salt water solution:  
1tsp, salt with 6 oz. warm water, four times during the day.

DON'T HESITATE TO CALL US WITH ANY QUESTIONS OR CONCERNS.