



Cosmetic & Family Dentistry

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Post-Operative Instructions following Extraction

1. Following an extraction, the extraction site will bleed. Pressure on the site will allow a clot to form and the bleeding to stop. Place 1 or 2 pieces of gauze (folded twice) on the extraction site and apply pressure by biting down. Change the gauze every 30 minutes. After changing the gauze 2 or 3 times and the bleeding has subsided, discontinue applying pressure. If the bleeding may start again, reapply gauze as described above. The area will ooze for several hours after the extraction which is normal.
2. Before the anesthetic wears off, begin taking Extra-strength Tylenol or Advil (as per bottle instructions) every 4 to 6 hours (not to exceed daily max). DO NOT take these if it interferes with current medications.
3. That night try to eat soft foods, preferably on the opposing side. Try to brush the remaining teeth and avoid brushing the extraction site until the following day. DO NOT RINSE until the following day because that can disturb the clot and cause bleeding to begin again.
4. The day following the extraction, rinse with warm salt water several times in the morning, afternoon and night.
5. Do not smoke or have anything extremely hot or cold. These factors can increase chances of complications.
6. More information is available on our website at www.BDHpc.com.
7. If bleeding or pain should persist or you have any concerns, please call the office immediately or try Dr. Watson on his emergency number #610-308-6609 or Dr. Lampl at 610-812-0785.

Dr. Tom Watson & Dr. David
Lampl