

**Leesburg Dental**  
**Health & Wellness**  
**703-777-2442**

**CARE OF YOUR MOUTH AFTER EXTRACTION**

- 1. DO NOT RINSE MOUTH, SMOKE, OR DRINK THROUGH A STRAW** for the remainder of the day. Tomorrow, rinse mouth gently every 3-4 hours, especially after meal, using ¼-1 teaspoon of salt in a glass of warm water. Continue rinses for several days.
- 2. BLEEDING** – Following any minor surgical procedure, some bleeding is expected. Your saliva may have a slight pink tinge for 1-2 days. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for ½ hour. Repeat if necessary. A regular tea bag can substitute for gauze.
- 3. SWELLING** – Apply an ice pack or cold compress to the outside of your face over the operated area and continue for 15 minutes on, 15 minutes off. Do this for the first 4-6 hours after the procedure.
- 4. DISCOMFORT** – For mild to average discomfort, use the medication prescribed by the doctor or an over the counter medication recommended by the doctor.
- 5. DIET** – **Do not chew** on the side of the surgical site. Light to mild diet is recommended during the first 24 hours. Eat nothing too hot, cold, or spicy.
- 6. BONY EDGES** – Small sharp bone fragments may work up through the gums during healing. These are not roots. If annoying, return to the office for their simple removal.
- 7. IF ANY UNUSAL PROBLEMS OCCUR, CALL THE OFFICE ANYTIME, 24 HOURS A DAY. The phone # is (301)654-7808.**
- 8.** The proper care following oral surgical procedures will hasten recovery and prevent complications. If we can be of further assistance, please don't hesitate to give us a call.