

POST OPERATIVE INSTRUCTIONS

1. Bite on folded gauze for a full hour. (1/2 hour for primary teeth) Some blood on your pillow in the morning after your extraction is normal.
2. If swelling occurs apply an ice pack on the outside of your face over the extraction area, 10 minutes on and 10 minutes off for 2-3 hours. A bag of frozen vegetables wrapped in a towel also works well.
3. Do not rinse mouth (spit), use a straw, or smoke for 24 hours. After 24 hours, rinse mouth with warm salt water 3-4 times a day for 3-4 days.
4. Stay on a diet of soft foods or soups for 24 hours.
5. Do not eat or drink anything extremely hot for 24 hours.
6. If moderate bleeding persists after one hour, continue biting firmly on sterile gauze. Should bleeding be excessive, contact this office. After hours, Dr. Archer can be reached at 519-551-1108.
7. If a drug has not been prescribed for pain, Tylenol or Advil (Ibuprofen) may be taken to alleviate mild discomfort.
8. Sutures placed will dissolve in 3-7 days.