



Dr. D.K Mittal Dental Corporation

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## **Post Extraction Instructions**

**1) Bite down** on gauze pad after extractions have been done. Remove and throw out gauze pad after **20 minutes** have passed. If profuse bleeding continues after removal of the gauze pad, replace it with the provided gauze and bite down firmly for another 30 minutes, or until bleeding stops and clot forms.

**2) To help clot the extraction site:** do not spit out for the next 24 hours. Swallow any saliva and blood, avoid any strenuous exercise, do not smoke, suck through a straw or rinse. Doing so may delay the healing process.

**3) To help with any pain or discomfort:** Take any prescribed medications as recommended, drink lots of fluids, eat only soft food as soon as it is comfortable enough to begin eating normally. Chew on the opposite side of your mouth, do not use any alcoholic beverages and avoid hot and spicy foods.

**4)** Tomorrow, you may rinse GENTLY with warm salt water (1tbl spoon in 1 cup of warm water) 3 times a day for the next 48 hours, letting the water fall out of your mouth and not spitting it out. Also rinse gently after any meals to keep any food out of the extraction site.

**5)** If area becomes painful after a few days, an infection (Dry Socket) may have occurred. Please come in for a Dry Socket treatment.