



You've just had a tooth extracted. We hope to be able to avoid any concern on your part regarding the next several hours by giving you the following information. Should anything occur that seems out of the normal, please give us a call.

Post Extraction Instructions:

Do Not Disturb the Wound: In doing so you may invite irritation, infection and/or bleeding. Be sure to chew on the opposite side for 24 hours and keep anything sharp from entering the wound (i.e. eating utensils etc.).

Mouth Wash: Avoid all rinsing for 24 hours after extraction. This is to insure the formation of a healing blood clot which is essential to proper wound healing. Disturbance of this clot can lead to increased bleeding. You may use warm salt water or mild antiseptic rinses after 24 hours *only if prescribed*.

Excessive Bleeding: When you leave the office, you will be given verbal instructions regarding the control of postoperative bleeding. A rolled up gauze pad will be placed on the extraction site and you will be asked to change this dressing every 20 minutes or so depending on the amount of bleeding that is occurring. We will also give you a package of gauze to take with you to use at home if the bleeding should continue. If you need to use the gauze at home, remember to roll it into a ball large enough to cover the wound. Hold firmly in place, with finger pressure, for about 20-30 minutes. If bleeding still continues, you may fold a tea bag in half and bite down on it. Tea contains Tannic Acid, a styptic, which may help to reduce the bleeding. If bleeding still continues, call for further instructions.

Pain: Analgesic tablets (i.e. Tylenol, Ibuprofen etc.) may be taken under my direction. Please do not take any products that contain aspirin. Aspirin can increase bleeding and should be avoided after an extraction. Prescription medication, which may have been given to you, should also be taken as directed. If pain continues, please give us a call.

Swelling: To prevent swelling, apply ice or a cold towel to the outside of your face in the area of the extraction. Apply alternately, 20 minutes on then 20 minutes off, for an hour or longer if necessary.

ONCE AGAIN, REPORT ANY UNUSUAL OCCURRENCES IMMEDIATELY!

If you have any questions regarding these directions, please give us a call for clarification.

Sincerely,

Cary Ganz DDS PC

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