

Patient Instructions - Dental Extractions

- As instructed, maintain gauze pressure in area of extractions. Exchange for sterile gauze every 15-30 minutes until bleeding has ceased. Do not sleep with gauze in your mouth.
- Do not rinse your mouth until the following day. Avoid smoking, drinking through a straw, or forceful spitting for at least five days.
- On the morning following surgery, gently rinse your mouth with warm salt water (½ teaspoon salt to one glass of warm water). Repeat this several times daily.
- Keep fingers and tongue away from extraction site.
- Bleeding - It is normal for saliva to be slightly streaked with blood for 1-2 days. If abnormal bleeding occurs, place moist gauze over extraction site and bite down for 30-45 minutes.
- Following dental surgery it is normal to experience some discomfort. Over the counter medications such as tylenol and ibuprofen may be taken following the labelled instructions. If medication has been prescribed, take as instructed.
- Swelling and stiffness is normal and should not cause alarm. Apply cold towels or an ice bag to area for 15 minutes of each hour as needed.
- Diet - A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids.
- Sutures - If sutures have been placed, it is important to keep fingers, tongue, utensils, etc. away from this area as the sutures may become untied. Depending on the type of suture placed, a follow-up appointment for suture removal may be needed.
- Avoid excessive physical exertion or activity for 48 hours.
- Call the office if undue symptoms develop.

Please follow these home care instructions carefully and call the office if you have any questions or concerns. Failure to adhere to these instructions may increase your risk of postoperative complications.

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