

## **POST EXTRACTION HOME CARE INSTRUCTIONS**

Now that you have had your tooth extracted, there are some instructions you should follow to help insure a speedy recovery.

You have been given two prescriptions. One is an antibiotic (to prevent or clear up infection), and the other is an analgesic (for pain). Take the antibiotic exactly as prescribed until they are all gone. Take the pain prescription as soon as possible or before the numbness wear off.

**IF THE PRESCRIBED ANTIBIOTIC CAUSES NAUSEA, DISCONTINUE USE.**

We have placed cotton gauze over the socket area. You should keep firm pressure on the cotton for one hour.

**REMOVE GAUZE APPROXIMATELY ONE HOUR AFTER YOUR EXTRACTION.**

We have given you extras and you may change it if needed within the hour.

Avoid chewing on the side of the extraction for 3-4 days.

Avoid chewing crunchy foods such as crackers, peanuts, toast, taco shells, etc.

**IF YOU SMOKE, NO SMOKING FOR 24-48 HOURS.**

No drinking through a straw for 24 hours.

**NO RINSING OR SPITTING FOR THE REST OF THE DAY.**

**AVOID VIGOROUS RINSING FOR THE NEXT 3-4 DAYS.**

If you experience any swelling place an ice pack to the area for one hour, 10 minutes on 10 minutes off. On the following day if bleeding persist place warm moist tea bag for 35-40 seconds and bleeding should stop. If bleeding continues please call our office.

**IF ANY QUESTIONS OR CONCERNS PLEASE CALL US.**

**OFFICE 678-354-5119**

**EMERGENCY 678-231-4505**