



Post-Operative Instructions for Extractions

Avoid vigorous rinsing, frequent spitting and exercising for 48 hours.

Keep pressure on gauze for at least 30 minutes, if bleeding continues, apply longer. A little bit of bleeding or oozing is expected for up to 24 hours, however if bleeding is heavy try biting on a moistened tea bag.

After 48 hours you can start warm salt rinses at least twice a day.

Avoid smoking and any alcohol, including mouth rinses such as Scope and Listerine, for at least 4 days, in order to allow proper healing and avoid "Dry Socket".

Small pieces of bone may be expelled from the extraction site up to several months after the extraction. Please do not hesitate to call or stop by so we can evaluate the extraction site.

It is not uncommon to have swelling and pain following an extraction. Keep your diet soft the day of surgery and the day after, eat as well as you can. A balanced diet is essential to healing.

If medications have been prescribed for you, take them as directed on the label with a full glass of liquid. Some medications are best taken with food. See warnings on labels also for pain medications.

Please do not hesitate to call us with any questions or concerns.

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