

Drs. Bankhead and Groipen
INSTRUCTIONS AFTER EXTRACTIONS

- ✦ **SWELLING:** Puffiness and swelling may occur at times; this is normal and is no cause for alarm. Place cold towels or an ice bag to your face for the first 6 to 8 hours. Leave it on for fifteen minutes, then off for fifteen minutes.
- ✦ **BLEEDING:** It is normal for the saliva to be slightly streaked with blood for about 1 to 2 days. If abnormal bleeding occurs, place a piece of moist gauze over the extraction site and bite down for 30 to 45 minutes. Keep fingers and tongue away from the socket. (Remember: a lot of saliva and a little blood may look like a lot of bleeding.) If you feel there is more bleeding and the area is not clotting bite on a dry tea bag. The tannic acid in the tea bag will clot the wound.
- ✦ **RINSES:** Do not rinse mouth until the following day. On the morning following surgery, rinse mouth thoroughly with diluted mouthwash or Hydrogen Peroxide mixed half and half with water. Repeat this after each meal for the first two weeks.
- ✦ **DIET:** A liquid or soft diet is advisable during the first 24 hours. Drink lots of fluids. Avoid drinking with a straw for the first 48 hours. Smoking and consumption of alcoholic beverages should also be avoided during the first 24 hours.
- ✦ **SLEEPING:** Keep your head elevated with 2 pillows while sleeping.
- ✦ **MEDICATION:** Following dental surgery it is normal to experience some discomfort. If medication has been prescribed, take as instructed. Please note the following:
 - ✦ **All medications may produce allergic reactions and/or side effects.**
 - ✦ **Narcotics will impede driving, using machinery, and mental alertness.**
 - ✦ **Antibiotics may negate birth control medications. Use alternative methods.**
- ✦ **REMINDER:** Blood and other bodily fluids may be infected with a number of viruses or bacteria, therefore you should use caution with anyone contacting the open wound.
- ✦ **DISCOMFORT:** Sometimes it is normal for the discomfort to be worse the third and fourth day following an extraction.
- ✦ **CONCERNS:** If you have any questions or concerns, please do not hesitate to call the office at **(617) 364-5500**.