

**Post Extraction Instruction**

1. Bite on moist gauze for 20-30 minutes, change as needed until bleeding stops. If bleeding starts up again, repeat as needed.
2. Avoid smoking for 24 hours. Also, avoid drinking through a straw, spitting, or rinsing vigorously.
3. Eat only soft foods for the first 8-10 hours or as long as the area is tender. Stay away from popcorn and other foods that could become lodged in wound.

**Recommendation:**

1. To manage pain: take 800mg of Advil (ibuprofen) every 8 hours until there is no swelling or pain. If there is still pain, take 1000mg of Tylenol every 8 hours (alternating with Advil).
2. Bleeding is part of the healing process and minimal bleeding is expected. If bleeding continues for a long time or in a large amount, bite on moist gauze and call the office right away.
3. After 24 hours, you may start to rinse gently with warm salt water and on occasion, hydrogen peroxide/water solutions. (50/50 mix)
4. Continue good oral care (brushing and flossing) to reduce bacteria and the risk of infection.

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