

**WY Implants and Surgical Arts  
307-362-4867  
Dr. Shaziya Haque, DDS MS**

**PATIENT INSTRUCTIONS FOLLOWING TOOTH EXTRACTION**

In case of any unexpected problems not discussed below, such as rash, itching or any other unusual symptoms, please call immediately.

**BLEEDING**

- To stop bleeding, maintain steady and firm pressure on the extraction site by biting on gauze.
- Replace the gauze as needed until there is little to no blood on it. This may range from 45 minutes to 2 hours. To promote clotting you may also bite on a moistened tea bag.

**AVOID DISTURBING THE EXTRACTION SITE**

- Once the bleeding has stopped DO NOT rinse your mouth or spit for 12 hours, this may dislodge the blood clot and start the bleeding again. The blood clot which forms over the extraction site is nature's way of healing and must not be disturbed.

**KEEPING THE SITE CLEAN PROMOTES HEALING**

- To facilitate healing and soothe the wound, on the day after the extraction, rinse your mouth with warm to hot salt water.
- Rinse gently and as often as you like with a salt solution made with ½ teaspoon of table salt in ½ glass of warm to hot water (as warm as you can stand).

**PAIN**

- Some pain is to be expected and can usually be controlled by the medication you would normally take for headaches and other minor pain.

Should you have more significant pain, use the prescription medication according to the directions.

### **EATING AND DRINKING**

- Avoid any hot foods or liquids and follow a soft diet for the first 24 hours.
- Avoid any harsh foods that may injure the extraction site until sufficient healing has taken place.

### **SWELLING AND HEALING**

- Some swelling is normal. To minimize swelling, apply cold compresses (ice cubes wrapped in a cloth) for 15 minutes on and 15 minutes off the area for 4-6 hours. DO NOT APPLY COLD AFTER 48 HOURS.
- Do not disturb the wound by touching with fingers, toothpick or tongue as this may irritate or cause infection. Avoid using a straw, or smoking for as long as possible, at least 48 hours, as the drawing or sucking action could disturb the blood clot.

**Please call us with any questions or concerns**

**Rock Springs Periodontics 307-362-4867**

**Dr. Shaziya Haque' cell 443-802-5201**