

## **Post appointment instructions**

### **Extraction**

1. Continue to bite down on the gauze, keeping constant pressure on the extraction site for 30 minutes. Change the gauze if it becomes saturated.
2. Do not drink through a straw for the next 24 hours.
3. Do not smoke for the next 24 hours.
4. Beginning 24 hrs. after extraction, rinse your mouth with warm salt water at least three times a day, for a couple of days. This will help keep the extraction site clean and promote healing. Do not vigorously rinse before the 24 hours have elapsed.
5. Avoid chewing or eating until the local anesthetic wears off.
6. Take any medication as directed.
7. If you have any questions, or experience swelling, prolonged bleeding, or any other complications please call us immediately at 423-7868.