



EXTRACTION POST OP INSTRUCTIONS

RIGHT NOW:

- Continue to keep moderately firm, steady PRESSURE on the socket by biting down on a gauze pad provided by our office. This should be continued for at least one hour or until the bleeding has stopped. You may place a fresh gauze on the socket every 20 minutes or so. Some slight bleeding may be noted for 24 hours, but you should not see too much after using the pressure method described above. If you run out of gauzes, you can use a moistened tea bag.
- **FOR THE NEXT 24 HOURS, DO NOT:**
 - SMOKE
 - DRINK ALCOHOL
 - SUCK THROUGH STRAWS
 - EAT HARD FOODS / DRINK HOT LIQUIDS
 - EXERCISE
 - BRUSH/ SPIT / RINSE VIGOROUSLY
 - BITE YOUR LIP, CHEEK, OR TONGUE WHILE NUMB.

AS SOON AS YOU GET HOME:

- You may begin taking MEDICATION prescribed for discomfort even before the anesthetic wears off. This will help to lessen the discomfort which will appear when the freezing wears off. Follow the direction on the prescription for how often to take pain medication. DO NOT EXCEED THE RECOMENDED DOSE.
- Apply COLD to the area, 10 minutes on and 10 minutes off as much as possible, for the next 24 hours. This will prevent facial swelling.
- Eat only SOFT, healthy foods.
- Give yourself lots of time to REST.
- ENSURE YOUR HEAD IS ELEVATED HIGHER THAN YOUR FEET!

AFTER 24 HOURS:

- You can RINSE, BRUSH AND FLOSS to keep your mouth clean but keep away from the socket
- RINSE WITH SALT WATER 3-6 times a day (1/2 tsp salt to glass of water).

IF ANY OF THE FOLLOWING EMERGENCIES OCCUR, CALL OUR OFFICE ASAP:

- Heavy bleeding that persists for hours even after attempts to put pressure on the socket
- Facial swelling that seems to get worse (bigger) and spread to other areas
- Moderate to severe pain that continues for several days
- High fever measuring over 100 F or 38 C and persisting for several hours.

EMERGENCY NUMBERS:

Sage Dental Centre	(604) 882-9116 during office hours
Dr. Maria Tugbang	(604) 961-5550 cell
Dr. Shafiq Kara	(604) 782-9915 cell
Dr. Jonathan Kao	(604) 417-3047 cell
Dr. Kathem Talebian	(604) 306-2585 cell
Langley Memorial Hospital	(604) 533-6402 Emergency

Please feel free to phone us if you have any questions or concerns. We care about you and your well-being.