

MOUTH CARE AFTER AN EXTRACTION POST-OP INSTRUCTIONS

Do not rinse your mouth vigorously today. No smoking, spitting or dinking through a straw today. Starting tomorrow, rinse gently 2-3 times a day with warm salt water for the next 3 days.

1. **FOOD:** A light diet for the first 24 hours. Prepare a soft meal for consumption some time within three hours after surgery (spaghetti and meat sauce, noodle casserole, or beef broth). Avoid hot food and liquids (war food is fine). Soda crackers may be helpful if you are a bit nauseated. Good beverages include: milk products, Gatorade, Hawaiian Punch, Hi-C, apple, grape and prune juices, Kool-Aid and, in special cases, Instant Breakfast, Ensure or Meritene (the last two available at most drug stores).
2. **BLEEDING:** It is to be expected. If it is persistent, place a wet gauze over the area; bite down firmly applying pressure for 1 hour. Continue applying until the bleeding stops. Iced tea contains tannic acid, which helps stop any remaining bleeding and is an excellent FIRST beverage.
3. **SWELLING:** Place an ice bag on the operated area; 15 minutes on and 5 minutes off for 4 hours.
4. **PAIN:** For mild pain use 2 tablets Ibuprofen (Advil) or Acetaminophen (Tylenol) every 4 hours.
5. **UNUSUAL SYMPTOMS:** Please call the office at 248-851-2980.