



POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

- We will have you bite on a piece of gauze after your extraction has been completed. The pressure of biting will stop any bleeding. Please continue to bite on this piece of gauze for an hour. Change the gauze every ½ hour there after, until bleeding has stopped. Gauze will be provided for your convenience.
- Please do not smoke for at least 48 hours, preferably forever.
- Do not drink through a straw. The “sucking action” can delay the healing process. This may remove the blood clot from the extraction site, causing a “dry socket,” which is quite painful.
- If you find bleeding to still linger after 24 hours try biting on a wet warm teabag.
- Eat soft foods for at least 2 days. If you are having a hard time eating, try Boost or Ensure food supplement drinks to ensure you are getting the proper daily requirements of vitamins and minerals.
- If postoperative pain occurs, please use Advil or Tylenol, or what you would normally use for a headache.
- 24 hours after your extraction appointment, please rinse with warm salt water, as this will promote healing. Continue rinsing for 3-4 days after your extraction appointment.
 - Mix ½ teaspoon of salt with 1 cup warm water.
 - Rinse gently but thoroughly for 1 minute.
 - 5-8 times per day for three days.

If you have any concerns, please do not hesitate to call our office at (403) 263-4030. We look forward to seeing you soon.

Call today for a free smile evaluation!

TERRA DENTAL CARE

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