



Dentistry on Queenston

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POST OPERATIVE EXTRACTION INSTRUCTIONS

1. Bite on gauze for half an hour
2. Take it easy for the rest of the day. DO NOT lift anything heavy or over work yourself
3. DO NOT rinse your mouth or drink anything hot for 24 hours. Drinking lukewarm or cold liquids is acceptable
4. If bleeding is present, fold gauze and place over site and apply steady pressure for 20 minutes or longer. Do not expectorate vigorously or chew the gauze. A wet tea bag may be substituted
5. After 24 hours, if no bleeding is present, rinse mouth with warm salt water
6. If swelling occurs, an ice pack may be applied (10 minutes on and 10 minutes off). Bruising may occur and may last for 1 week
7. Take prescription medication as directed
8. For the first 24 hours maintain a soft food diet
9. Do not drink alcohol beverages or smoke for the first 48 hours. Drink fluids from a cup, do not use a straw
10. Oral hygiene – use caution when brushing operative area
11. If you have any questions or concerns, please call us at

(905) 561-7310