Dr. Ty J. Eriks D.M.D

3399 Woolbright Road

Boynton Beach FL 33436

561-733-4004 office emergency (DR. ERIKS CELL #206-794-2212)

TOOTH EXTRACTION POST-OP INSTRUCTIONS

1. DO NOT RINSE FOR 24 HOURS after the extraction. After 24 hours start to rinse GENTLY with warm salt water (especially after meals) and continue to rinse over the next couple of days.
2. BLEEDING. Following the extraction some bleeding is to be expected. Please change the gauze every 30 minutes, biting down on the gauze with moderate pressure until the bleeding subsides. A slight amount of blood may be visible for 36 hours. If you should happen to run out of gauze, you may substitute a tea bag. If heavy bleeding occurs for a PROLONGED amount of time, call the office 561-733-4004.
3. SWELLING. If swelling is noticed in the area of the extraction, place an ice pack, or chopped ice wrapped in a towel and apply it to the area, 30 minute on, and 30 minutes off, repeating this for the first 24 hours after the extraction.
4. PAIN. If you experience any discomfort after the extraction, you may use any NON-ASPIRIN medication, such as Tylenol or Aleve, or anything with acetaminophen.
5. FOOD. A light, soft diet is advisable for the first 24 hours after the extraction. Avoid hard, crunchy foods. Refrain from smoking.
6. BONY EDGES. Small, sharp bony fragments may work up through the gum tissue during the healing process, if they become bothersome, contact the office (561-733-4004) for their simple removal.
7. If you notice ANY unusual symptoms, call the office at once 561-733-4004.

The proper care after extraction procedures will hasten recovery and prevent any complications.