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EXTRACTION AFTERCARE

The following instructions are essential to your healing and comfort.

The gauze that is in your mouth can be discarded as soon as the bleeding has stopped. Another piece of gauze has been provided for you to use if you need it.

An additional pack inside the socket will dissolve and must be left alone!

To control bleeding you must do the following:

- **Apply an ice pack** to your face on the area near the extraction site – on for 10 minutes, off for 10 minutes. Do this as often as possible for the first 24 to 48 hours, up to 3 times per day, an hour each time. This will also help to reduce pain and swelling.
- **Refrain from bending over. Keep your head elevated** above your feet the first night. You can use extra pillows to help.
- **Refrain from heavy exercise** for at least two days.
- **Do not take aspirin** (ASA) products while still bleeding – they hinder clotting.

The following are also imperative to the healing of the extraction site.

- **No hot liquids** for 24 hours.
 - For a minimum of three days:
 - **No smoking**
 - **No alcohol**
 - **No swishing of fluids in your mouth**
 - **No sweets**
 - **No drinking through a straw**
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