



FRANK D. VISINTINI, D.D.S., P.C.

7710 Fourth Avenue  
Brooklyn, New York 11209  
Telephone: (718) 748-1710

## **Care Of The Mouth Following Extraction**

1. **Do not rinse your mouth out today.** Tomorrow rinse your mouth gently every four hours or so with warm water and salt ( 1/4 teaspoon per glass). Continue for several days.
2. **Bleeding.** Following extraction some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over the bleeding area and bite down firmly for 20 minutes, changing the gauze pad and repeating until bleeding has basically stopped.
3. **Swelling.** Ice bag or chopped ice wrapped in a towel should be applied to operated area; 1/2 hr. on, then 1/2 hr. off, for about 5 hrs.
4. **Pain.** For mild to average pain use any non-aspirin type of medication that you typically use for headaches.
5. **Prescription Drugs.** If an antibiotic was given, take it accordingly until it is finished, do not stop taking it just because you fell better! Pain killers should be used accordingly also.
6. **Food.** Light diet is advisable for the first 24 hrs. keep the area free and clean of debris, brush your other teeth though!
7. **Bony Edges.** Small pieces of bone may work up through the gums during healing, don't be alarmed, if annoying, return to the office for their simple removal.
8. **Unusual Symptoms.** If anything out of the ordinary occurs, call the office at once.
9. **Follow Directions.** The proper care following oral surgical procedures will hasten recovery and prevent complications.