



Post Surgical Instructions

- ✓ Bite on gauze firmly for 1 hour (or until bleeding stops) changing gauze every 30-45 minutes
- ✓ No rinsing, spitting or drinking through a straw for 24 hours, to do so will prolong the bleeding
- ✓ Advil or Tylenol can be taken for pain, but avoid Aspirin or Anacin as these thin the blood and prolong bleeding
- ✓ DO NOT SMOKE for at least 24 hours, smoking can cause a very painful bone infection (dry socket) to occur
- ✓ Minimize physical activity as it can increase the bleeding.
- ✓ Starting in 24 hours, gently rinse with warm salty water.
- ✓ If bleeding persists, moisten a tea bag with warm water and place it over the extraction site and bite gently on it.
- ✓ Eat well, but avoid HOT liquids. Softer food, cooler foods are ideal (warm soup, scrambled eggs, yogurt, etc.).
- ✓ To minimize swelling, apply a frozen pack at 20 minute intervals for the first 24 hours.
- ✓ Continue to brush and floss the rest of your mouth as usual. Using a soft tooth brush, gently clean the extraction site after the second day.

If you have any questions or concerns, please contact your Acreview Dental Team at (250) 338-9085.