

## POST OPERATIVE INSTRUCTIONS

### For Extractions...

1. Apply **ICE** to the outside of the face where the tooth was extracted. Use firm pressure for intervals of 10 minutes on and 10 minutes off. Do this for the first 24 hours only.
2. If swelling occurs the **next day**, keep repeating the icing protocol. This should be continued until all swelling and bruising resolves.
3. **DO NOT RINSE OR DRINK THROUGH A STRAW** for the first day following surgery. Do not eat anything on side of the extraction for at least the first several days and ideally for the first week. All of these things will cause bleeding, discomfort, and they will delay healing.
4. You may eat following extractions after the novocaine has worn off. Please be sure to chew on the other side and avoid foods that are too cold, hot or spicy.
5. **After the first day frequent warm water rinses with either a teaspoon of salt or 2 ounces of peroxide** will help aid healing. If you have high blood pressure, use the peroxide.
6. Start to brush the surgical site after 7 days. You can soften the bristles of the brush by running them under hot tap water. Be gentle at first and gradually increase the pressure on the bristles, as you feel more comfortable. You may also floss after 5 days.
7. If you experience **BLEEDING**, bite on a piece of rolled gauze to apply pressure to the surgical site. If there are no opposing teeth, apply pressure with your fingers by pinching the gum line at the surgical site. **Constant firm pressure** should be applied to the area which is bleeding for 15 to 30 minutes. If bleeding continues, repeat the process using a moistened (not soaked) teabag. If bleeding does not cease, call the office.

\*\*\*\*In the case of an emergency you may contact Dr. Kaur at (914) 980-2682 or Dr. Gewant (516) 376-5442 .