

WHAT TO DO FOLLOWING AN EXTRACTION

Unless directed otherwise, please do the following:

1. Leave the gauze that has been placed in your mouth undisturbed for 1 hour. Keep your teeth together and keep steady pressure on the gauze. Pressure is what will stop the bleeding. Do not spit. You may swallow. If the gauze is properly placed and you maintain pressure on it, you will have only saliva in your mouth.
2. After 1 hour, remove the gauze.
3. At this time, if you were not given any pain medication in the office, take any pain medication that was recommended. You will very likely still be numb at this time, but go ahead and take it to get it into your system so it will be working when the anesthesia wears off.
4. If, at this time, you are still bleeding, place some additional gauze **directly over the extraction site** and bite down on it. You may have to fold one or two pieces of gauze to be able to precisely place the gauze. If not placed properly, it will do little good. Leave this gauze in place for an additional 30 minutes.
5. Once the bleeding has stopped, it is very important that you be careful with the extraction area for the remainder of the day. Do not disturb the area or rinse vigorously. We want a firm blood clot to form in this area. Disturbing the area may dislodge the blood clot and possibly cause complications. You may brush your teeth and gently rinse your mouth afterwards.
6. You may eat and drink non-alcoholic beverages. In fact it is good to do so. For the first day or so you will want to keep the food somewhat soft and try to avoid the area as much as possible. For the first day do not drink from a straw. This could have a tendency to dislodge the blood clot.
7. After the first day it is important to keep the extraction area clean. You may gently rinse with some warm salt water (use one teaspoon per 8 oz. glass of water) and gently brush the teeth in the immediate area. Each day you may get a little more vigorous. Try to keep food from getting packed into the extraction socket.

COMPLICATIONS

Complications are unlikely, but the following are the most likely:

1. **BLEEDING**: If bleeding persists, make sure you have the gauze placed directly over the extraction site and keep firm, undisturbed pressure over the site for at least 30 minutes. If after trying this a few times, it continues to bleed, please call. Remember, however, sometimes a little blood mixed with saliva looks like a lot of blood.
2. **DRY SOCKET**: This is probably the most likely complication, particularly with lower molars. A dry socket means that, for some reason, part or all of the blood clot has been lost. This can be very painful. Usually this happens 2 or 3 days after the extraction. If you think this has happened, please call. It is usually very easily treated.
3. **INFECTION**: Fortunately, infections are rare. If you think you may have one, call.

AFTER HOURS PHONE NUMBER IS 893-7021 for Dr. Murrell and 445-8278 for Dr. Silvers. **CALL IF YOU HAVE A PROBLEM.** IF THERE IS NO ANSWER, LEAVE A MESSAGE AT THIS NUMBER. Dr. Murrell may also be reached at 570-4232, but please try the above phone number first.