

Mass General Dental Group

INSTRUCTIONS TO PATIENTS FOLLOWING EXTRACTIONS

1. **Bite into gauze** placed in your mouth for **at least 20 minutes** after the extraction. Do not open and close your mouth or take the gauze out to check it until the 20 minutes have passed. If bleeding persists after 20 minutes, place a new piece of gauze and bite for another 20 minutes.
2. **Do not rinse, smoke, use a straw, spit, or drink hot liquids today.** Any of these could cause you to start bleeding.
3. Beginning tomorrow, rinse every few hours with a glassful of warm water containing one half teaspoon of salt. Continue this for several days.
4. Apply ice bag to face 20 minutes out of every hour for several hours today only.
5. If there is swelling tomorrow, do not use ice. Begin applying warm, moist heat to the area.
6. For pain, take medication as directed by your dentist.
7. **Any soft foods desired may be eaten. Avoid hot liquids** and foods with nuts, berries, seeds that can get caught under the sutures. Do not eat directly over the extraction site.
8. If you have sutures, they will dissolve on their own in several days.
9. If you have any questions or problems, please call your dentist or the dentist on call at 617-726-1076.

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