



Brentwood Mall
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Post Extraction Care

- Keep gauze compressed between teeth for 20 minutes.
- Apply ice externally to the area, for 20 minutes. Keep the ice moving around the area (10 minutes on, and 10 minutes off)
- If bleeding continues, place a fresh piece of moist gauze (or moist tea bag) to the area and compress for 20 minutes and reapply ice.
- Do not blow your nose, spit with force, or suck through a straw.
- **SMOKING IS PROHIBITED.** This may disturb the blood clot and delay healing.
- Take antibiotics or other medication that has been prescribed.
- You may experience slightly blood stained saliva or a feeling of swelling or jaw joint pain for over 24 hours.
- After 24 hours use a salt water rinse- 1 tsp. of salt to 1 cup of warm water.
- Gently rinse the entire content of the cup. Repeat this procedure 3 times a day for 3 days following the extractions.
- Eat soft room temperature foods avoiding food containing small grains and nuts.
- In the unlikely event that you experience persistent bleeding, any foul smell, swelling, fever or excruciating pain contact our office immediately.