

## **Post-Operative Instructions Following a Tooth Extraction**

- ❖ **Leave the SAME** piece of gauze in for **two hours**.  
Removing the gauze too soon may cause a dry socket.
- ❖ **Do NOT** smoke for 2-3 days following the extraction.
- ❖ **Avoid** using straws and spitting forcefully for a couple days. If you feel like you are filling up with saliva please drool into a paper towel, do **NOT** spit it out.
- ❖ **Avoid** carbonated beverages. Tea, Water, Juice etc... are okay to drink.
- ❖ If returning home to rest, please rest with your head elevated.
- ❖ Eat soft foods using the opposite side of the mouth for a couple days or until comfortable eating harder foods.
- ❖ Beginning the 3<sup>rd</sup> day after the extraction you may rinse your mouth with warm salt water 2-3 times daily until completely healed.

With any extraction comes the possibility of a bone spur, especially with a difficult extraction. If you think you may have a bone spur, please be patient with it. Bone spurs will either reabsorb or work its way out thru the gum.

If you have any further questions please feel free to contact the office at 913-677-1004. If after hours, the Dr. on call will return your call as soon as they are available to do so.