



# Extraction of a Tooth

For the next 12 hours:

DO NOT RINSE YOUR MOUTH

DO NOT SMOKE

DO NOT DRINK ALCOHOL

DO NOT DRINK FROM A STRAW

NO PHYSICAL ACTIVITY, YOU NEED TO REST

Tomorrow, gently rinse with warm salt water 4 times. Do this for the next 3 to 4 days. This will help promote healing.

Some bleeding is normal after an extraction and usually stops within several hours. If it persists, bite firmly on a damp tea bag for 20 minutes.

AVOID HOT LIQUIDS and rest with your head elevated.

If bleedings is excessive or persists please contact our office.

Until the freezing wears off be very careful not to bite your lips, tongue or cheeks. Please avoid eating until the freezing is gone.

You can begin drinking liquids as soon as you get home. Never hot liquids!

You may eat soft foods such as eggs, puddings, and soups. Progress to a more solid diet over the next 36 hours.

To minimize any swelling, place an ice pack over the area for 10 minutes and then remove it for 10 minutes. Repeat as necessary.

If you are given a prescription, it should be taken after your appointment. Otherwise, a pain reliever like Advil or Tylenol may be taken as needed.

DO NOT take aspirin as it may prolong any bleeding.

Please call our office if you have any questions or concerns. We are always happy to help you.

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