



## *Palladium Dental*

### Tooth extraction: Post-Operative Care.

- Bite on gauze with pressure over the surgical area for approximately one hour.
- Do not spit or rinse post-operatively for about 12 hours.
- Avoid hot meals and drinks for 12 hours post-operatively. Consume a soft diet for 1-2 days following the procedure.
- Avoid drinking beverages with a straw for 24 hours post-operatively.
- Avoid smoking for at least 3 days post - operatively.
- Avoid all alcoholic beverages for at least 24 hours post - operatively.
- Avoid excessive physical activity.
- 24 hours after procedure, rinse with warm salt water about 4 to 5 times a day and after every meal to keep the area clean. Continue rinsing for one week.
  - Brush your teeth as usual.
  - Pain medications can be taken if advised. All antibiotics if prescribed must be taken according to instructions.
  - If bleeding persists bite on gauze or soak a tea bag in water and place on extraction site and bite on it.
  - Call the dental office if you need assistance.