

INSTRUCTIONS FOLLOWING EXTRACTIONS

1. **APPLY AN ICE PACK TO THE FACE OVER THE EXTRACTION AREA(S) AS SOON AS POSSIBLE – ON AND OFF EVERY 15 MINUTES FOR THREE HOURS. NO ICE SHOULD BE USED AFTER THE FIRST DAY.**
2. **EAT A SEMI-SOFT DIET FOR THE WEEK, CHEWING AWAY FROM THE EXTRACTION SITE.**
3. **DO NOT BRUSH THE EXTRACTION SITE(S) FOR ONE WEEK. GENTLY BRUSH ALL OTHER TEETH BEGINNING THE DAY OF EXTRACTION AND TWICE PER DAY THEREAFTER. USE A MANUAL SOFT BRISTLE BRUSH. NO SONIC OR ELECTRIC BRUSHING FOR 2 WEEKS POST-SURGERY AND/OR SCALING.**
4. **IF A MOUTHWASH WAS RECOMMENDED THEN HOLD AT SURGICAL SITE MORNING AND EVENING FOR ONE WEEK BEGINNING THE DAY OF SURGERY. DO NOT SWISH/RINSE.**
5. **AVOID SMOKING AND DRINKING WITH A STRAW. THE SUCKING ACTION COULD DISLODGE THE CLOT AND CAUSE A PAINFUL DRY SOCKET.**
6. **SLIGHT BLEEDING (SEEPAGE) IS NORMAL FOR THE FIRST 24 HOURS. NOTIFY THE OFFICE IF BLEEDING IS PROLONGED OR EXCESSIVE. IF BLEEDING IS EXCESSIVE: APPLY FIRM PRESSURE FOR 30 MINUTES TO THE BLEEDING AREA WITH A MOIST TEA BAG OR GAUZE, AND REMAIN IN A SITTING POSITION WHILE APPLYING PRESSURE.**
7. **STRENUOUS EXERCISE SHOULD BE AVOIDED FOR 48 HOURS FOLLOWING EXTRACTION.**
8. **TAKE PAIN MEDICATION AS DIRECTED.**

IF YOU HAVE AN AFTER HOURS DENTAL EMERGENCY, CALL DR. REIGH AT 610-582-9051.

IF YOU HAVE A TRUE MEDICAL EMERGENCY SUCH AS EXCESS BLEEDING OR AN ALLERGIC REACTION GO DIRECTLY TO THE CLOSEST EMERGENCY ROOM.