

POST OPERATIVE INSTRUCTIONS FOR EXTRACTIONS

1. Bite on gauze for **2 hours**. If bleeding persists, then continue biting on gauze until it stops.
2. **Avoid the following for the first 24 hours:**
 - *Smoking*
 - *Drinking through straws*
 - *Sucking on gauze*
 - *Spitting*
 - *Strenuous Exercise*
3. Keep fingers and tongue away from socket
4. Following dental surgery, it is normal to experience some discomfort. If medications have been prescribed, take as instructed.
5. **Swelling and stiffness** are normal after extractions for 48 hours and should not cause alarm.
6. A liquid or soft diet is advisable during the first 24 hours. **Drink lots of fluids.**
7. It is normal for saliva to be slightly streaked with blood for about 1-2 days. If abnormal bleeding occurs, call our office.
8. If there are any unusual symptom, or if you have any questions, please feel free to call the office at (252) 522-1777 or you can contact Dr. Carlyle by dialing (877) 230-1359.