

CARE OF YOUR MOUTH FOLLOWING TOOTH EXTRACTION

- Bite on a sterile gauze pad for 2-3 hours. You may change the gauze every 15 minutes.
- Place an ice pack on your face for 3-4 hours (10 minutes on, 5 minutes off).
- Do not rinse your mouth for 24 hours after the extraction.
- After 24 hours, you may rinse your mouth with warm salt-water (1 teaspoon salt in a cup of water) 2-3 times a day for 2 weeks.
- Do not brush the extraction site for 7 days (you may brush your remaining teeth).
- If you are a smoker, minimize smoking for 2 weeks.
- Do not drink hot liquids for 24 hours.
- Do not drink through a straw for 24 hours.
- Stay on a soft diet for 2 weeks.
- Do not exercise strenuously for 7 days.

MEDICATIONS

- Take any medications prescribed to you by Dr. Ghiabi.

SWELLING

- Some swelling may occur within 1-3 days after extraction and is normal.
- Swelling beginning 4 or more days after extraction is not normal.

BLEEDING

- Minor bleeding may occur on the first day of extraction and is normal.
- Excessive bleeding is not normal.

PAIN AND DISCOMFORT

- Some pain following extraction is normal.
- Excessive pain and discomfort 3 or more days after extraction is not normal.

TO SPEAK WITH A STAFF MEMBER DURING REGULAR OFFICE
HOURS, PLEASE CALL 902-407-7377.

**IN CASE OF AN EMERGENCY, PLEASE CALL DR. GHIABI AT
902-488-4292**