



## Extraction Instruction Sheet

Bite firmly on the gauze for an 1 to 1½ hours.  
If bleeding should be heavy, bite on a new piece of gauze for an additional hour. Repeat if necessary.  
A small amount of bleeding is normal following tooth removal.

To heal faster: Do not chew on the gauze. Do not spit or rinse for the next 24 hours or the bleeding will continue. Do not drink through a straw or smoke as this will cause suction and can restart the bleeding. We need to have a blood clot form in the bony socket. It takes 24 hours for the clot to solidify.

Avoid anything too hot (coffee, hot soups, tea) or use any alcoholic products (whiskey, mouthwash) for today. Remove the gauze to eat or drink.

Today eat and drink on the opposite side of your mouth as much as possible. Eat soft foods (eggs, yogurt, milk, noodles) for the next 2 days to avoid injuring the extraction site. Try to avoid foods like chips and peanuts.

After 24 hours you can start rinsing with some warm salt water. (Mix ½ teaspoon of salt with a ½ glass of warm water.) Keep your mouth and teeth clean. Rinse gently after eating. You can brush the rest of your teeth normally.

A little swelling is normal and necessary for healing. If swelling occurs, apply an ice pack over the area for 10 minutes on and 10 minutes off for the next 24 hours. If you have any questions please call our office.

### Emergency Telephone Numbers:

Dr. Raymond Munaretto: **(708) 447-8080**

Dr. Richard Munaretto: **(630) 209-8528**

Dr. Keith Sommers: **(708) 927-1638**

Dr. Rick Munaretto: **(312) 515-0042**

Dr. Regina Rocha: **(773) 510-3619**

Dr. Richard Kohn: **(630) 920-3418**