**Post Surgical Instructions**

* **IF YOU LEAVE WITH GAUZE PACKED IN EXTRACTION SITE**, make sure to bite firmly for 15 minutes. Change gauze every 15 minutes **as instucted.**
* **DO NOT PACK EXTRACTION SITE IF NOT INSTUCTED TO DO SO.** Slight bleeding/oozing over the next few hours is NORMAL.
* Take medication as doctor advises. It is best to take over the counter pain medication prior to the anesthetic wearing off. Ibuprofen, Motrin, Advil, Aleve or Tylenol.
* No food or liquids for the first 3-4 hours except for the previously mentioned medications.
* **NO SMOKING, SPITTING, RINSING, OR SUCKING THROUGH A STRAW** for the next 24 hours.
* Keep your head above your heart (sitting upright) for the next 3-4 hours after procedure.
* **No** strenuous activity for the rest of the day.
* Gentle rinse with warm salt water 3-4 times per day starting the day after procedure. 1 teaspoon of salt to 1 cup warm water. This will aid in the healing process.
* **DO NOT BRUSH SITE** for up to 1 week after procedure. Gently brush surrounding teeth twice daily.
* **DO NOT USE MOUTH RINSES** (Examples: Listerine, ACT) for up to 1 week after the procedure.
* If site does not stop bleeding after 2 hours, place a wetted tea bag over extraction site and bite firmly, hold for 15 minutes, change out with gauze for 15 minutes, then place used tea bag back in. Repeat as necessary for 1 hour. If bleeding continues contact 1-585-245-1383 immediately.
* If you have any questions or an unforeseen complication arises please call 1-518-664-4903 Monday-Thursday 8AM-5PM, at any other day or time call 1-585-245-1383.