



**asinmaz**  
Cosmetic · Implant · General Dentistry  
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Post Operative Instructions following your extraction appointment:

1. DO NOT SPIT, SMOKE, RINSE OR DRINK THROUGH A STRAW FOR THE FIRST 48 HOURS.
2. Eating should be limited to a soft diet. (Ice cream, mashed potatoes, or soup) Healing will not be disturbed by eating or drinking. Your body requires nourishment to heal properly. When Chewing is difficult or opening the mouth is painful, a liquid diet is recommended. *Avoid seeds and other foods which have the tendency to get caught in the extraction site.*
3. Take your medication as instructed on the bottles, unless otherwise instructed by the Doctor. Be sure to read all labels provided on the bottles.
4. The FOLLOWING DAY begin rinsing with warm water and 1 /2 teaspoon of salt after meals for up to 3 days. Keep area clean so it can heal properly. Be sure to brush all other teeth and floss as you normally do.

Following extractions mild discomfort may continue for 10-14 days. The maximum amount of discomfort usually occurs in the first 48 hours.

There can be some oozing of blood for 24-48 hours after the procedure.

Sutures may have been placed to protect the socket, they will dissolve on their own.

A post operative appointment should be made about 10 days after the extraction to evaluate the healing.

If you have any questions or concerns, please do not hesitate to call the office.

