



ADULT EXTRACTION INSTRUCTIONS

1. Apply pressure to extraction site using gauze; change gauze every 15 to 20 minutes until bleeding appears a light pink.
2. Minimal activity until bleeding stops.
3. Avoid food and beverages that are extremely hot or icy cold.
4. Avoid salty, spicy, and acidic food and beverages.
5. Avoid small particle foods such as rice and popcorn.
6. Avoid using a straw when drinking. This creates suction in your mouth that can pull out the blood clot.
7. Avoid vigorous swishing and spitting.
8. Avoid smoking for 48 hours. If you must smoke, cover the extraction site with gauze.
9. During the healing process, and particularly while taking pain medication, avoid alcohol consumption.
10. After 24 hours rinse **GENTLY** after meals to remove any food particles that may be in or around the site. You may use salt water at this time.
11. If you wish to put ice on your face, place it on and off in 10-minute intervals.

These instructions are for the first 48 hours only. Failure to follow the instructions may lead to the development of a **DRY SOCKET**. Symptoms of a dry socket are: constant throbbing pain, foul odor, and /or extreme sensitivity to temperature that is not relieved by medication.

Please call our office at (804) 270-3080 with any concerns.