**CARE OF THE MOUTH AFTER TOOTH REMOVAL**

**Bleeding**: Some bleeding is expected following the extraction. Bite down firmly on the gauze for 30-40 minutes, then you may remove the gauze and replace it with the provided gauze. Repeat if necessary. The bleeding will slowly subside but may take several hours. If significant bleeding persists, contact our office. Your stitches will dissolve in 3-6 days, but if they become irritated, we can remove them for you. Do not suck on a straw or anything to create pressure in your mouth, this may lead to a dry socket or start more bleeding.

**Swelling**: You should expect some amount of swelling in your mouth and jaw. A bag of frozen vegetables or ice cubes should be applied to the area for 20-30 minutes, then off for 20-30, repeated for a few hours. This will help to minimize swelling. Ibuprofen type anti-inflammatory medication will also help with swelling.

**Pain**: Your mouth will be sore for a few days following extraction. The best combination for pain relief is Ibuprofen (Advil, Motrin) 600-800 mg and Acetaminophen (Tylenol) 500-1000 mg every 6 hours. Take the medication with at least 8 oz of water and stay upright for about 20 minutes to reduce stomach irritation. If you have kidney problems or otherwise cannot take these medications, consult your pharmacist or our office.

**Rinsing**: Do not rinse your mouth for 1-2 days. After 2 days, you can gently rinse warm salt water after meals to keep the area clean. Do NOT use a straw or vigorously swish liquids for 3-5 days after extraction.

**Smokers**: Do not smoke for 24 hours after extraction. Sucking on a straw or cigarette can lead to a dry socket.

**Food**: Softer foods are recommended for 7 days. Scrambled eggs, pudding, yogurt, mashed potatoes, soup (luke warm) are good choices. Many people feel nauseous following third molar surgery, being sure to eat and drink something after the surgery and when you take medication will help with the nausea that may arise.

Feel free to contact our office if any unusual symptoms arise, or if you have any questions.