



PAIN

What to expect: You may have slight to moderate discomfort the first 24 hours. Increasing pain later in the week may indicate that you may be developing a “dry socket”.

When to call: Please call me at home or the office if your discomfort doesn't subside or starts to increase during the week.

MEDICATIONS

What to take: First, take what you would normally take for a moderate headache. You may be given a prescription for a pain medication - fill this at your discretion.

When to take: Take your “headache” medications as soon as possible after the procedure. Thereafter, take the prescribed medication if necessary.

SWELLING

What to expect: Swelling is normal and usually occurs about 24 - 36 hours after the procedure and subsides within a few days. It may also discolor as a black/blue injury.

What to do: Compress the area with an ice pack for 10 minutes/hour the first day only.

When to call: Please call if the swelling becomes hot, hard or red.

DIET

What to eat: Eat a normal diet on the opposite side of the mouth. Cold foods and liquids may cause a sensitive reaction in the adjacent teeth: especially the first week!

Avoid chewing on the side that has just been treated.

BLEEDING

What to expect: Very slight bleeding should be no cause for concern, especially within the first 48 hours.

What to do: Usually pressure for 30 minutes or more to the bleeding area with either a **MOIST** gauze, washcloth or tea bag will stem the bleeding.

When to call: Call ANYTIME that you feel that you can not control the bleeding.

ORAL HYGIENE

- What to do:**
- 1) Try to clean your teeth normally.
 - 2) Saltwater soaks, two times a day (1 teaspoon salt to 8oz. hot water).
DO NOT SWISH.
 - 4) Gentle rinsing is allowed but mouthwashes other than Peridex are discouraged.

OTHER

What to expect: Occasionally small bone chips may work their way out of the gum tissue.

What to do: There is nothing you can do to prevent this and these chips usually can be removed at the office in a short time.

When to call: If you notice any discomfort in the area 4 - 6 weeks after extraction(s), please call the office.

Congratulations on taking this step towards your periodontal health!

**If you have any questions,
please call us at
508.375.9090**

**In case of emergency after hours
please call Dr. Nguyen's mobile phone
508.258.9693**



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