



**Dr. David R. Bowser III**  
Cosmetic & Family Dentistry

## Post – Operative Instructions Following Extractions

*Please read the following instructions carefully. If you have any questions about the instructions or your treatment, please contact our office.*

**You MUST refrain from the following after extractions for 24 hours:**

1. Rinsing
2. Carbonated or Alcoholic Beverages
3. Smoking
4. Drinking through a straw
5. Spitting
6. Heavy Exertion

**Rinsing:** Starting the second day, you may rinse your mouth frequently with warm salt water (1/2 teaspoon salt to 1 cup warm water)

**Pain:** Following all types of extractions, a certain amount of pain can be expected. If you received a prescription for pain, take the medication as directed. If pain persists or becomes unmanageable, call our office immediately. ***Should a rash, itching, difficulty in breathing, or nausea occurs, stop taking the medication and call the office right away.***

**Swelling:** You can expect a small amount of bleeding for a day following the extraction. If the bleeding is not controlled after a few hours, dip a tea bag in a warm glass of water and place it in your mouth over the area where the bleeding seems to be coming from.

**Eating:** For the next several days following the surgery, you may eat what you like, but it is best to favor soft foods. Avoid hard, spicy, or acidic foods. Avoid carbonated or alcoholic beverages for at least 24 hours. Tobacco is an irritant to healing, and should be avoided for as long as possible following the surgery.

**Diet:** A good diet is essential to healing. Be sure to eat well-balanced meals during treatment. Food supplements such as Ensure, Boost, or Carnation Instant Breakfast are highly recommended for the next several days.

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