



Greenwoods Dental Center

Instructions for post-extraction

Bite Down

Bite down on a gauze pad after extraction(s) have been done. Discard the gauze after 20 minutes. If profuse bleeding continues, replace the gauze and repeat for 30 minutes or until bleeding stops.

Clotting

To assist with clotting the extraction(s), refrain from spitting for 24 hours. Swallow all saliva and blood. Avoid any strenuous exercise, smoking or sucking through a straw.

Pain & Discomfort

Take prescribed medications as recommended. Drink lots of fluids and eat soft foods when comfortable enough to eat. Chew on the opposite side. Do not drink alcoholic beverages and hot/spicy foods.

Salt Water

The day after the extraction(s), rinse **gently** with warm salt water (1tbsp in 1cup warm water). Do this 3 times a day for the next 48 hours. Let the water fall from your mouth, do not spit. Rinse gently after any meals to keep any food out of the extraction site.

Dry Socket

If the area becomes painful after a few days, an infection (dry socket) may have occurred. When this occurs, come back to the office for dry socket treatment.

Contact

If you have any questions or concerns, please contact us;

693 McPhillips St (204) 774-7774

246 Portage Ave (204) 779-7779

249 ½ Henerson Hwy (204) 775-7775

1531 Pembina Hwy (204) 221-2221

..or on our website via Live Chat www.gwdfamily.com