

# Mora Family Dentistry



Celebrating over **30** years of quality & friendly dental service!

## Care after Extraction

- 1) **DO NOT RINSE MOUTH TODAY.** Tomorrow rinse mouth gently every 3-4 hrs. (Esp. after meals) using  $\frac{1}{4}$  teaspoon of salt to a glass of warm water. Continue rinses for several days.
- 2) **BLEEDING.** Following extractions, some bleeding is to be expected. If persistent bleeding occurs, place gauze pads over bleeding area and bite down firmly for one-half hr. Repeat if necessary. **DO NOT** lift heavy objects or operate heavy machinery in the first 24 hrs. of the extraction to prevent excessive bleeding.
- 3) **SWELLING.** Ice bag or chopped ice wrapped in a towel should be applied to operated area – one-half hr. on and one-half hr. off for 4-5 hours.
- 4) **PAIN.** For mild to average pain, use any non-aspirin type of medication you like.
- 5) **FOOD.** Light diet is advisable during the first 24 hours.
- 6) **BONY EDGES.** Small sharp bone fragments may work up through the gums during healing. These are not roots; if annoying, return to the office for their simple removal.
- 7) **If any unusual symptoms occur,** call the office at once.
- 8) **The proper care following oral surgical procedures will hasten recover and prevent complications.**

[www.MORADENTISTRY.com](http://www.MORADENTISTRY.com)

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