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## *Extractions*

- Pressure should be placed on the gauze pad that has been placed on the extraction site for one hour. If the bleeding continues, wrap a wet tea bag in new gauze, place it, and press on for another 30 minutes.
- If you are supervising children who have had extraction done, make sure they don't bite on their numb lips or tongue (it can cause serious injury to their soft tissue).
- Avoid eating or drinking anything hot on the day of your extraction. Also, do not rinse your mouth; do not use a straw for drinking. Do not spit and do not drink carbonated beverages. Do not brush on the day of the surgery; you can resume your brushing and flossing the day after, gently. The day after surgery, you may rinse with warm salt water (one tea spoon / 8 oz water)
- You may experience some pain, bruising around your lips and/or some swelling, especially after extraction of impacted wisdom teeth. Ice bag application and medication prescribed for you will help to minimize your discomfort.
- Please take all the medication you have received based on the instructions given to you.

- During the first 2-3 days after the surgery a diet of soft food and liquids is recommended (soup, yogurt, milk shake and juice).
- Smoking should be terminated for a period of 48-72 hours following extraction
- It is normal to experience some degree of swelling.
- If you do experience swelling, you can place ice over your face for 20-30 minutes at a time during the first 24 hours. This should help to reduce pain and swelling. Do not ice after the first 36 hours. If you feel discomfort, it is recommended that you take an Advil or Tylenol to ease the pain. If the pain persists, please contact the office.
- Please call our office if you experience excessive bleeding severe pain or swelling or if you have any questions or concerns. In case of serious emergencies please call 911.