

**Dr. Mark R. Hageman**  
**935 Town Centre Drive, Suite C**  
**Medford, Oregon 97504**

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**(541) 772-4898**

## **Patient Instructions After Extractions**

To ensure your comfort and safety after tooth extractions, please follow these at home guidelines and be sure to call if you have any questions or concerns.

Some swelling may be noticed. Do not be alarmed by this normal reaction. To minimize swelling and pain, apply cold packs to your face for the first 8 hours. As a general rule, use for 15 minutes and then remove for 15 minutes. Repeat cold pack application for 15 minutes each hour after the first 8 hours.

Do not rinse your mouth today. Tomorrow, you may start rinsing gently, with warm salt water. Repeat every 3-4 hours, especially after meals. (Mix ½ tsp. Salt with 8 oz. of warm water.) Continue rinses for several days.

Bleeding following extractions is to be expected the first few days. If you experience excessive or persistent bleeding, place moist gauze over the extraction site and hold your bite position firmly, for 30 minutes. If bleeding persists, please call our office immediately.

Avoid touching the tooth socket with tongue or fingers. To avoid a dry socket infection, during healing, it is very important to refrain from smoking, using a straw or vigorous rinsing.

Take over-the-counter Ibuprofen (Advil or Motrin) or prescribed medication as indicated. Use only non aspirin-type medications. Follow instructions on the label. Eat a liquid or very soft diet, for the first 24-48 hours and drink plenty of fluids. Avoid very hot, cold or spicy liquids.

Call us with any concerns or problems.

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