

SAMIR PATEL DDS  
332 Belleville Avenue  
Bloomfield, New Jersey 07003  
(973) 743-1755

**GENERAL INSTRUCTIONS FOR HOME CARE FOLLOWING ORAL SURGERY**

1. Keep the gauze pack on the extraction site and apply pressure for one hour. After one hour remove the pad and check the extraction site for bleeding. If much bleeding persists place another gauze pad on the site with firm pressure for one more hour. If much bleeding persists after second hour, try placing a tea bag on the site for half hour with very gentle pressure. Just small amount of oozing is normal for first 24 hours or so. Do not worry if you have some blood (usually mixed with saliva) on your pillow in the morning.
2. Be careful to stop smoking, or at least significantly cut down smoking, for at least one week.
3. Do not rinse mouth, or spit out, and avoid brushing on extraction site for a full 24 hours. You may brush your teeth, however simply let some water sit in your mouth and then let it just drip into the sink ( without rinsing or spitting). This will allow the blood clot, which is very essential for the proper healing of the extraction site, to properly set in place
4. Place an ice pack on the side of face closest to extraction site fifteen minutes on and off, for first 24 hours.
5. Today, for the remaining part of the day, stick to softer food only. Avoid hot and spicy foods. Starting tomorrow, you can gradually return to normal diet as long as you do not experience any pain. Do not use any toothpick to dislodge food from extraction site as rinsing (after first 24 hours) usually is sufficient for this purpose.
6. You may experience some difficulty is opening wide for some time after the day of extraction. This is most often due to soreness in jaw muscles, compound by swelling. The best care is to give the jaw a rest i.e. avoiding hard foods, limiting conversation time, an extra pillow for one or two nights. This will lessen the amount of throbbing that you feel and help keep swelling down.
7. Follow the directions for your prescription medications very carefully. Antibiotics should be Taken as directed and not based on pain. Pain killers need only to be taken for pain.
8. During the healing process, small sharp fragments of bone may loosen and work up through the gum. These are not roots and often work out of the tissue by themselves. Call the office to make arrangement for their simple removal if uncomfortable.

IF ANY UNUSUAL SYMPTOMS, EXCESSIVE PAIN OR EXCESSIVE BLEEDING OCCUR  
CALL THIS OFFICE @ (973) 743-1755 AT ONCE.