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## After Extractions

- After the extraction, expect some discomfort and swelling in the area which should resolve over the next 3-5 days.
- Ice applied over the surgical site for the first 24 hours can minimize swelling. You may apply the ice to your face for 20 min then give a 20 minute rest period.
- Bleeding varies with the procedure but should not be heavy or prolonged. Call if you have bleeding concerns.
- Apply light pressure with the gauze over the surgical site for one hour; after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off.
- Diet should start with soft foods. Avoid chewing directly over the extraction site and avoid hot foods for the first day as they can increase swelling and bleeding. You may resume a normal diet when you feel comfortable.
- The duration of local anesthesia varies from 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until feeling has returned.
- Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2 to 3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks.
- Take medications as prescribed. If you have any untoward effects, call the office for assistance.
- Do not pull or pick on the sutures. Most of the time we will use sutures which dissolve within 5-7 days. You will have been instructed to return if your sutures are not dissolvable.
- Do not brush or floss in the area of surgery for the first 24 hours.

## Extractions with Grafting for Future Implants

- The grafting material was placed deep in the extraction site then covered with a white membrane and sutures which are both dissolvable. Once the membrane and sutures dissolve there will be a depression in the gums. This is normal. The graft is still there and over the next couple of weeks the gums will fill in over the graft site.
- Tenderness may last longer with grafting and may take 7-10 days to completely resolve.
- The healing time after grafting is usually 6 months before the implant can be placed.