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Care Following Dental Extractions

Proper care of the mouth following dental procedures can reduce complications and speed the healing of the surgical area.

1. To protect the blood clot maintain gentle pressure by biting on the gauze sponge that has been placed over the extraction area.
2. Do not rinse or use mouthwash for at least 24 hours. After 24 hours you may rinse with warm salt water (1/2 teaspoon table salt to 8oz. warm water) every 1-2 hours is recommended, the use of commercial mouthwash during this time is not encouraged.
3. Following surgery it is normal to experience some discomfort. If medication has been prescribed take as instructed.
4. The toothbrush may be carefully used in the area of the mouth not involved in the surgical procedure. A clean mouth heals faster.
5. Eating adequate food and fluid intake following surgery and/or general extractions is most important. If you find that eating your regular diet is too difficult you may supplement your diet with liquids, such as Carnation Instant Breakfast.
6. Avoid all excessive activity, do not pick at the surgical area, avoid alcoholic beverages.
7. To control swelling gently apply ice packs to the area for periods of 20 minutes on and 10 minutes off. This procedure should continue for the first 24 hours only.
8. If you have a generalized rash, itching, etc. Call Dr. Straka immediately.
9. Do not hesitate to call if you have any questions.