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### **INSTRUCTIONS FOLLOWING EXTRACTIONS**

- 1) **DO NOT DISTURB WOUND:** In doing so, you may invite irritation, infection and bleeding.
- 2) **FLUIDS:** Do not drink from a straw. Do not spit. Do not rinse mouth for the next 24 hours.
- 3) **SORENESS:** To relieve soreness and reduce bacteria count, use CHLORASEPTIC (oral anaesthetic and antiseptic) or warm salt water (8 oz of warm water with 1 tsp of salt) 24 hours after extraction. Allow CHLORASEPTIC liquid or warm salt water to run over affected area, without swishing, for 15 seconds, so as not to disturb the blood clot. Expel remainder. Repeat every 2 hours as needed.
- 4) **EXCESSIVE BLEEDING:** Roll a pad of sterile gauze or clean linen cloth sized to cover wound. Dampened with cold water and hold firmly on the wound by closing teeth, or by finger pressure, for thirty minutes. If bleeding does not subside, call doctor for further instructions.
- 5) **PAIN:** Sedative tablets may be taken under doctor's direction.
- 6) **SWELLING:** To prevent swelling, apply ice bag to affected area. Apply alternately, 10 minutes on, 10 minutes off, for several hours.
- 7) **BONY EDGES:** During the healing process, sharp fragments of bone may work up through the gum. If annoying, return to office for removal.
- 8) **REPORT PROMPTLY** any condition that appears unusual.