



Gauze  Oral Instructions  Prescriptions  Post Op. Sheet  Appointment Made for follow up

## Post Extraction Care Sheet

**When you have a tooth removed, there are certain things to keep in mind to make you feel better and heal faster.**

### Control Bleeding:

To help control the bleeding, firmly bite down on the gauze that was placed there after the extraction. The pressure helps to form a blood clot in the tooth socket. The Dental assistant provided you with extra gauze to change every 15 minutes for the next 2 hours. Please note that if you see slight oozing of blood, this is perfectly normal for the first 24 hours.

### Minimize Pain:

Dr. Bursich has provided you with a prescription for pain medication. Please take as directed. Please use caution with the pain medication. Dr. Bursich highly recommends very minimal activity for at least 24 hours following your extraction. If the pain is not getting better even with the pain medication, please call Dr. Bursich and the office staff with assist you with further instructions.

### Reduce swelling:

To reduce swelling, place an ice pack on your cheek near the extraction site. Place on your cheek for 10 minutes and off for 5 minutes. Repeat if needed. You may notice some bruising on your face. Please not that slight bruising is normal.

### Rest:

Dr. Bursich highly recommends a lot of rest after your extraction. Please limit your activity for at least 24 hours after the extraction.

### DO's:



## General Cosmetic & Implant Dentistry

Thomas Bursich DDS  
21155 Whitfield Place Suite 10  
Sterling Virginia, 20165  
703-433-0234-Phone  
703-433-0598-Fax

### **Below are things to keep in mind to help your mouth heal:**

Please stick to a soft diet after your extraction and please drink a lot of fluids.

Avoid brushing around your extraction. Avoid using tooth paste near the area or mouthwash. Swishing fluid around your site may dislodge the blood clot.

You may gently rinse your mouth after 12 hours. Please use saltwater to do this.

### **Don'ts:**

**DO NOT** fall asleep for at least 2 to 3 hours after you extraction. You have to apply pressure with gauze during that time.

Do not use a straw.

Do not smoke until the socket is healed.

Do not consume hot or spicy things while healing.

Please avoid consuming alcohol

**Please call the office at (703)433-0234 if you are experiencing severe pain or bleeding. Someone is available 24 hours a day to answer any questions or concerns relating to your procedure.**