

Telephone (410) 284-1414

CASCADE OF SMILES

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INSTRUCTIONS FOLLOWING EXTRACTIONS

BLEEDING

Some bleeding is normal after any extraction. Bite on gauze pad for 15 minutes. If bleeding has not subsided, use a fresh pad for an additional fifteen minutes. Repeat if necessary.

SWELLING

Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply ice bag for a ten minute interval. Remove for ten minutes. Repeat until swelling is relieved.

PAIN

Some discomfort may be experienced following oral surgical procedures. For mild to average pain, use any non-aspirin type of medication. Repeat as necessary.

EATING

Soft food is desirable. Avoid very hot, cold or spicy liquids. Avoid getting particles of food into empty space. Avoid actions such as smoking or using a straw.

MOUTH WASH

Do not rinse mouth. Tomorrow use salt solution (one teaspoon of salt dissolved in a glass of warm water) every three hours to cleanse the affected area.

Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.