



DIAMOND DENTAL

of Sacramento

POST-OP CARE FOR EXTRACTIONS

Swelling

Place cold towels or an ice bag on your face for the first 6-8 hours if you have any signs of swelling, leave it on the area for 15 minutes on and off.

Swelling and stiffness are normal and should not cause alarm.

Bleeding

Bleeding is normal for the saliva to be slightly streaked with blood for approximately 1-2 days. If abnormal bleeding occurs, place a piece of moist gauze over the extraction site and bite down for 15 minutes.

No spitting, no smoking, no straws for at least 24-48 hours after the extraction(s).

Avoid anything hot and spicy. Hot foods make your blood flow, and spicy foods can just burn the extraction area.

Following dental surgery, it is normal to experience some discomfort. If medication has been prescribed, take it as instructed.

Diamond Dental of Sacramento

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