



Dr. M. Tanen

7608 Yonge Street, Unit 2, Thornhill, Ontario L4J 0J5

Telephone 905-889-2181 • Fax 905-889-9377

Email drtanen@rogers.com • Web www.dratanen.com

After the removal of a tooth or teeth

1. **No** rinsing or spitting for a 24 hour period. After the 24 hour period you can start rinsing with salt water: Rinse with a teaspoon of salt in a cup of warm water for 30-60 seconds 2-3 times per day.
2. When you leave, you will be biting on some gauze. Continue biting on the gauze for 20 minutes, then remove. One of the team members will supply you with extra gauze to take home. Should bleeding continue or start again please take 2 pieces and fold into square and bite for 20 minutes. A wet tea bag can also be used but do **not** use paper tissues.
3. When eating or drinking – nothing too extreme in temperature.
4. Do not use a straw as the suction motion can dislodge the healing clot and cause the area to bleed again.
5. Do not smoke for a 48 hour period as this can cause an infection in the extraction site and can delay healing.
6. For the rest of the day, do not exert yourself – no physical activity as this may raise the blood pressure and may cause the bleeding to start again.

Medications and Pain Control

1. If antibiotics have been prescribed, please continue taking until entire prescription is finished even if you are feeling better.
2. If after your extraction you experience any pain or discomfort you may take **Tylenol or Advil**. Please do **not** take **Aspirin** as it is a blood thinner and can cause the area to start to bleed. Usually pain medications are best started while you are still frozen.

Emergencies

If there are any concerns or questions concerning your procedure, please feel free to contact the office at 905-889-2181. After hours there is an emergency telephone number on the answering machine.

Call the office if you have a persistent fever, excessive bleeding or if the pain becomes worse after a couple of days.