

EXTRACTION POST-OPERATIVE INSTRUCTIONS:

1. Apply ice to the outside of the face where the tooth was extracted. Use firm pressure for 10 minutes on and 10 minutes off. Do this for the first 6-8 hours only.
2. In the event of swelling the next day, cold compresses should be applied to the outside of face.
3. Do not rinse your mouth or drink through a straw for the first day of surgery. Do not eat anything on the side where the surgery was performed for the first week. Do not smoke for at least the first several days and ideally for the first week. All of these things will cause bleeding, discomfort or delay healing.
4. You may eat following extractions after the novacaine has worn off. Please be sure to chew on the other side and don't eat anything too hot, too cold or too spicy.
5. After the first day frequent warm water rinses with either a teaspoon of salt or 2 ounces of peroxide in it will help aid healing. If you have high blood pressure, use the peroxide.
6. If you experience bleeding, bite on a rolled gauze to apply pressure to the surgerized site. If there are no opposing teeth, apply pressure with your fingers. Firm pressure should be applied for 10-15 minutes. Do not look to see if it has stopped for at least 10-15 minutes. If this does not stop the bleeding, try a moistened (not soaked) teabag. If this does not work, call the office.

In case of an emergency you can contact Dr. Hasday by beeper at (516) 455-1351. It works like an answering machine, just put your phone number in, and he will call you back.

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