

Conejo Valley Dental Institute  
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### **Post Surgical Instructions for Extractions**

The instructions for care following surgery are as follows:

**DO NOTHING** to disrupt the blood clot that is forming in the extraction site for a minimum of 24 hours. This includes but is not limited to:

- Rinsing
- Smoking
- Sucking thru a straw
- Carbonated beverages
- Alcoholic beverages
- Heavy exercise
- Brushing the surgical area
- Hot, spicy, or sharp foods such as chips

**CONTROL THE BLEEDING** by applying pressure to the extraction site as we discussed.

You may need to change the dressing several times before the bleeding slows. It is natural to have a little bleeding but not substantial amounts. Should the bleeding continue take a regular tea bag and bite on that with pressure. This will generally stop the bleeding.

**RETURN FOR FOLLOW UP AS NEEDED**