

---

## K. CLAY ELLIS, JR., DMD, LLC.

311 South 5th Street  
Gadsden, Alabama 35901  
Phone: (256) 543-1285  
Fax: (256) 543-1719  
clayellis@clayellisdmd.com



### EXTRACTION INSTRUCTIONS:

1. Keep the pressure gauze firmly over the operative site for 1 hour. Remove the gauze after one hour and take Ibuprofen and Tylenol as instructed.
2. Do **not** rinse the operative site the day of the surgery. Brush your teeth regularly, and keep your mouth as clean as possible during the period the operative site is healing.
3. Warm salt-water rinses should be begun **tomorrow**. (1/2 teaspoon in 1 cup of warm water). Do this as often as you can, at least four times during the day. This will help promote healing.
4. If it is more comfortable, eat liquid or soft foods, **BUT DO NOT STOP TAKING NOURISHMENT**. Do not miss a single meal. An empty stomach may cause nausea. Do not drink through a straw, and avoid smoking for the first 24 hours.
5. Ice packs. Use as directed. Apply ice for 10 minutes and remove for 10 minutes, repeat; 10 minutes on and 10 minutes off for at least 4 hours. Do not use ice after the first 24 hours.

### **YOU MAY HAVE:**

1. Pain. In the event you have some pain and the medication prescribed for you does not give you relief, please call the office. After office hours Dr. Ellis may be reached at 256-504-2959.
2. Delayed pain. If you begin experiencing toothache type pain in this area 2 to 5 days from now, call the office. This may mean you have an infection. An infection is easily treated and there is no charge for this treatment.
3. Swelling. This may be from a number of causes, but is usually a natural reaction of the body to surgery in the oral cavity. If the swelling is accompanied by pain and occurs before your next appointment, please call.
4. Bleeding. Often there is a slight oozing of blood – which, when mixed with saliva, may appear to be excessive bleeding. This is normal. If there is heavy bleeding, reapply pressure to the site with the gauze provided. Moisten and fold two pieces of gauze and close your jaws tightly to apply pressure to the site for about 30 minutes. If the bleeding should continue following the removal of the gauze, please call the office.
5. Stiffness. This, like the swelling, is a natural reaction of your body to surgery. Opening exercises can help to overcome this problem.
6. Numbness. Quite infrequently, an individual will notice persisting numb sensations following surgery of the oral cavity. It is usually temporary in nature, and a normal feeling will return.