

### Care of the Mouth After Tooth Extraction

1. Bite on the gauze for approximately ½ hour after leaving the office.
2. If Gut Sutures were placed, they will dissolve by themselves. Gut sutures may dissolve after one day or up to one week later.
3. **DO NOT RINSE** the mouth for several hours, it may disturb the clot.
4. **DO NOT DRINK FROM STRAWS** for one week.
5. **REFRAIN** from physical activities for 3 days and **DO NOT SWIM IN SWIMMING POOLS** for one week.
6. **KEEP FINGERS** away from the extraction site.
7. **BLEEDING:** Some bleeding following tooth extraction is to be expected. If there is an unusual amount, place the gauze over the extraction site and have the child bite down firmly for 45 minutes. Repeat if necessary.
8. **PAIN/DISCOMFORT:** Use an analgesic (preferably Tylenol) following the manufacturer's dosing instructions.
9. Rinse with warm salt water the following day.
10. If you have cause for concern, please contact us at 650-574-4447. If one of the doctors cannot be reached immediately, you should seek emergency medical assistance.