

**Amul Patel D.D.S. P.C.**  
**22 south First Avenue**  
**Mount Vernon, New York 10550**  
**(914) 668-334**

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1. **Do not rinse today.** Tomorrow rinse mouth every 3-4 hours with warm salt water. Continue rinses for several days (1/2 tsp. Salt in one glass of water).
2. **Do not spit for 24 hour**
3. **Bleeding.** Following extraction some bleeding is expected. Most bleeding, with the help of pressure of the gauze packing, stop within fifteen minutes. Place gauze over the surgical site, bite with light pressure for 45 minutes. Remove and replace this procedure as necessary. If bleeding persists, call the office (**do not sleep with the gauze in the mouth**).
4. **Do not drink through a straw.**
5. **Do not smoke for 24 hours.**
6. **Do not drink alcohol for 24 hours.**
7. **Swelling.** In case swelling occurs place ice pack on affected area 15 minutes on 30 minutes off for the first 24 hours. Change to warm packs for the next 24-48 hours. The heat will help the swelling resolve.
8. **Pain.** Pain may be most severe for the first day and then diminish each day thereafter. Renewed pain three to four days after may indicate a healing problem. You should call and make an appointment as soon as possible.
9. **Food.** A light diet for today nothing too hot, cold or spicy.
10. **Bony edges.** Small sharp bone fragments may work up through the gums during healing. These roots, if annoying return to the office for simple removal.
11. **Suture.** If you have sutures, you will need to return to the office in one week for removal.
12. **Prescription.** If antibiotics are prescribed take full course as prescribed until finish.
13. **Surgical dressing.** If surgical dressing is placed over surgical site it is advisable to keep in mouth for at least one and a half week.
14. **If unusual symptoms arise** come immediately to this office or call (914)668-3341 or call Dr. Patel at his cell phone at (914)874-4435.