

Associated Dental Specialists of Long Grove
4160 RFD, Suite 308
Grove Medical Center
Long Grove, Illinois 60047
(847) 634-6166

Mark L. Cannon, D.D.S., M.S. Joseph A. Tylka, D.D.S. Scott D. Goldman, D.D.S.

Extraction/Surgery HOME CARE INSTRUCTIONS

- Soft diet for 1 to 2 days (nothing too hot, cold or spicy).
- Ibuprofen, (Motrin, Advil) or Acetaminophen (Tylenol) or Naproxen (Naprosyn) as needed for pain or discomfort every 4-6 hours.
- Take medication(s) as directed.
- Warm salt water rinses 3 to 4 times daily.
- Bite on gauze for next ½ an hour, continue if necessary.
- Be aware of abscess formation (sudden swelling, fever, gumboil).
- Apply icepack, (on) fifteen minutes, (off) fifteen minutes, etc.
- Limit tooth brushing, (avoid surgery site) for 24 hours.
- No drinking through a straw for 24 hours.
- No carbonated drinks (soda) for 24 hours, can dissolve blood clot.
- _____
- _____
- _____

If any problems develop or if you have any concerns please, call the office anytime.