



Surgical Instructions

Immediately

- Keep pressure on the extraction site by biting on gauze.
- Use 2 pieces of gauze folded in half and in half again.
- Check every 10-15 minutes, changing gauze as needed. For approximately 1 hour.

For The First 24 Hours

- Eat soft foods today and chew more toward the front of your mouth.
- Do not eat or drink things that are real hot (temperature hot or spicy hot) or things that are real cold. You don't want to shock the extraction sites.
- Do not smoke, do not drink through a straw, do not drink alcohol or anything with fizz.
- If needed, for discomfort, take what you would normally take for muscle aches or if Dr. Bertolini prescribed something for pain, take as directed.

24 Hours After The Extraction

Upper Extractions Sites:

Starting tomorrow, (24 hrs after surgery) rinse the area with a mixture of sea salt **or** non iodized salt in warm water (1/4 tsp. salt in 8 oz. warm water). Do this after *each* meal to keep the sites clean.

Do this rinse at least 7-10 days after the surgery.

Lower Extraction Sites:

Starting tomorrow, (24 hrs after surgery) fill the plastic syringe you were given with a mixture of sea salt **or** non iodized salt in warm water (1/4 tsp. salt in 8 oz. warm water). Looking in the mirror over the bathroom sink, aim the tip of the syringe at one of the sites, gently press on the plunger of the syringe to push water into the site and remove any food debris. Continue with the other side. Do this after *each* meal to keep the sites clean.

Do this rinse at least 7-10 days after the surgery.

Please contact Dr. Bertolini if anything unusual occurs: bleeding will not stop, pain lasting beyond 72 hrs that pain reliever will not relieve, fever greater than 101.

Contact numbers: 330-494-6305, 330-936-2503, 330-493-0218