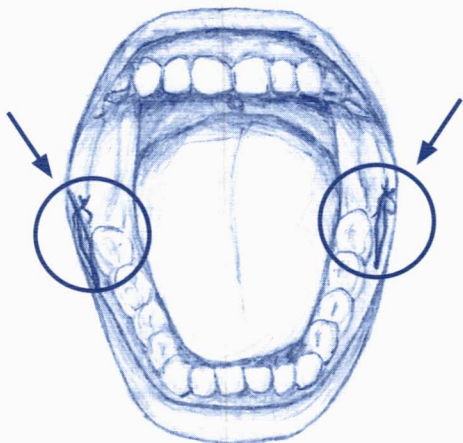
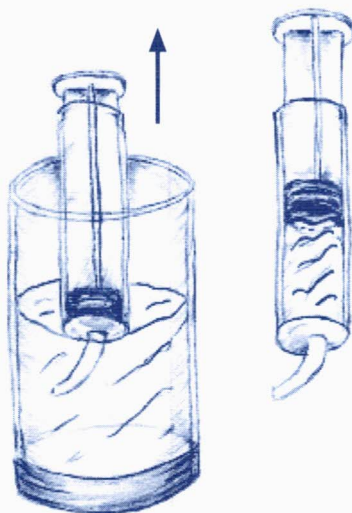


## POST SURGERY VISUAL AIDS

Gentle rinsing and spitting with warm salt water should begin the day after your surgery. Beginning five days after surgery, start using the provided syringe to irrigate the lower extraction sites with warm salt water.

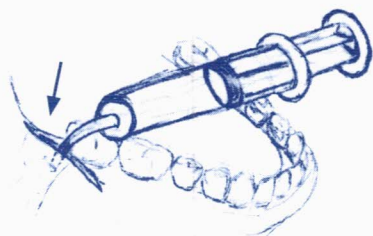
To make salt water, place 1 teaspoon of salt into a glass of warm water and stir to dissolve. Place syringe tip into salt water and pull up on plunger while tip is submerged. Fill syringe just over half full to make it easier to handle.



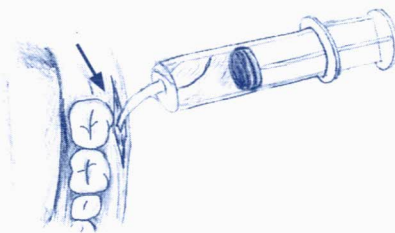
When you look inside your mouth you will see the lower extraction sites at the back near the cheek side of your last teeth. If sutures (stitches) were placed, you might be able to see them.

Typically top extraction sites do not need irrigation as food tends to fall to the bottom of the mouth.

In a brightly lit area or using a light to help see the extraction site, place syringe tip approximately  $\frac{1}{2}$  cm into extraction site in order to irrigate socket effectively.



Extraction site side view



Extraction site top view



Some people are able to see the extraction site by moving the cheek out of the way with a finger.



Other people find using a spoon helpful to make access easier.