Gentle Dental Care
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INSTRUCTIONS AFTER EXTRACTION:

1. BLEEDING: Bite the gauze for 20 minutes. If the area is still bleeding, then bite a new sterile gauze for 20 more minutes. However, a good amount of blood or blood clot in the extraction socket is necessary to protect the bone from a bacterial infection, thus never should you suck it out and spit.
2. PAIN: For minor pain, take Tylenol (not for alcoholic patient) or Advil as directed. Pain usually lasts o more than 2 days except for third molar extractions. If severe pain persists for many days, contact the dentist without hesitation.
3. SWELLING or BRUISE**:** Apply ice pack if it was recommended to use as instructed to prevent swelling: alternate 15 minutes on and 15 minutes off on the side of the cheek where extraction was done.   It is normal to have slight swelling or bruise after complicated extraction. But, if swollen area is red and hot, call the dentist for an Antibiotic or changing the Antibiotics.
4. DO NOT touch or pull anything away from bone grafting area.
5. DO NOT DO THE FOLLOWING FOR 24 HOURS:
   a. Avoid hot foods, hot drinks (ex: coffee, tea, etc.) and hot showers or baths to prevent increased swelling.
6. DO NOT DO THE FOLLOWING FOR 48 HOURS:
   a. NO RINSING, NO SPITTING AND NO DRINKING WITH A STRAW.
   b. No smoking.
   c. No physical exercise (ex: jogging, swimming, weight lifting, tennis and so forth).
7. DO NOT DO THE FOLLOWING FOR 7 DAYS**.**
   a. Never drink any alcoholic beverages.
8. PLEASE FINISH ANY PRESCRIBED ANTIBIOTICS REGARDLESS OF SYMPTOMS.
9. CALL IMMEDIATELY FOR THE FOLLOWING:
   a. Local anesthesia is not wearing off after 24 hours.
   b. Severe pain with fever.
   c. Persistent bleeding.
10. AFTER 72 HOURS BEGIN GENTLY RINSING WITH WARM SALT WATER, ESPECIALLY AFTER MEALS TO KEEP AREA CLEAN.

Signature: _____ Date: _____

Witness: _____