

POST TREATMENT INSTRUCTIONS
INSTRUCTIONS FOLLOWING EXTRACTIONS

1. Bite firmly on the gauze for one hour. Slight bleeding is normal.
2. If the gauze requires changing, fold a new piece twice, into quarters, and wet the side that will contact the clot/extraction site. If bleeding continues and you run out of gauze pads you can wet a teabag and gently bite on it. Do not use tissue.
3. Do not rinse vigorously. Do not spit vigorously. When brushing - brush gently and avoid the treatment site area entirely for 24 hours.
4. Do not rinse for at least 8 hours. After at least 8 hours have passed you may hold a mouthful of warm water mixed with a ½ tsp. of salt on the extraction site. Try and keep the warm water on the extraction site until it cools, then gently spit it out. This can be done up to five times per day.
5. Do not drink through a straw, suction may negatively impact the treatment area and adversely affect healing.
6. Do not eat until your freezing comes out.
7. Do not eat food items such as corn, nuts, rice, chips, or seeds, for 3 days.
8. Do not smoke for 24-48 hours after the treatment.
9. Do not consume any alcohol for 7 days following the procedure.
10. When reclining, ensure that you use a pillow and keep your head elevated. This will help prevent an increase in the blood pressure at your extraction site.
11. Apply ice, if recommended, 10 minutes on then 10 minutes off, for 6-8 hours to help reduce swelling.
12. Do not exert yourself for the rest of the day. Rest.
13. Take your medications, if any, as prescribed. Medication will help manage any pain that may result and will promote the healing process.

If you experience any unusual reactions or complications please do not hesitate to call us.