

## POST EXTRACTION INSTRUCTIONS

1. If intermittent bleeding occurs, bite firmly (without talking or moving around) on a dampened gauze for **30-60** minutes, then gently remove.  
*Don't sleep with the gauze in your mouth.*
2. Brush your remaining teeth normally.
3. Cold pack on face adjacent to extraction site intermittently for first day.
4. Do not vigorously rinse or spit - be very gentle for at least one week.
5. Do not drive, operate machinery, or take responsibility for at least 24 hours after any sedation.
6. After sedation, have a responsible person stay with you.
7. Do **NOT** blow your nose for 5-7 days after surgery.
8. No aerobic activity for 5 days after surgery.
9. If taking a prescribed narcotic, do not drive, operate machinery, etc., and always take only as prescribed, and **ONLY** after eating.
10. Keep head elevated for 24 hours after surgery (at least 2 pillows).
11. No smoking for at least 5 days.
12. Apply a warm towel on I.V. site 3 or 4 times the first day.
13. Call *immediately* if you have any problems or questions!

## FOOD SUGGESTIONS (As your diet allows)

1. Avoid hard, crumbly, particulate foods.  
(Popcorn, peanuts, crust, rice, corn, peas, raisins, etc.)  
Eat other food carefully to protect the extraction site, for approximately two weeks.
2. **DON'T** use a straw!
3. Suggested foods that can be eaten if your present diet allows:

Cottage cheese	Ice cream (no nuts)
Pancakes	Bananas, any canned fruit
French fries (soft)	Omelette (cheese)
Tomato soup	Yogurt (no seeds)
Jello	Chicken (without skin)
Pudding, custard	Noodles (large, tomato, cheese sauce)
Apple sauce	Baked Potato (butter, cheese, sour cream)

**LOTS OF WATER!**