

INSTRUCTIONS AFTER EXTRACTIONS

1. **Continue to bite on the gauze for 2 hours. You will be given extra gauze for use later. Your doctor has shown you how to change the gauze. If it starts to bleed, you may bite on the gauze for another hour.**
2. **Don't rinse your mouth today. You may rinse starting tomorrow. Rinsing with warm salt water can help with the healing, but please wait until tomorrow before you rinse.**
3. **Eat only after the numbness is completely gone and please eat only soft cold foods today. This can be ice cream, milk shakes, pudding, or milk. Tomorrow you can begin to eat your regular foods.**
4. **Don't use a straw to drink today.**
5. **Don't smoke or drink alcohol.**
6. **Tylenol is good for pain if you need something later.**

If you should experience an emergency with this treatment, please call the number listed below.

(phone number)

