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**Date:** <<Todays\_Date>>      **Account #:** <<Pat\_AccountID>>

**Name:** <<Pat\_FirstName>> <<Pat\_LastName>>  
**Address:** <<Pat\_StreetAddress>>  
<<Pat\_Suite>>  
<<Pat\_City>> <<Pat\_State>>, <<Pat\_ZipCode>>  
**Phone #:** <<Pat\_cHomePhone>>

### **Instruction Following Extractions**

1. **No Spitting** for 24 hours
2. **No Smoking** for 24 hours
3. **No Pipe smoking** for 24 hours
4. **No Drinking** through a straw for 24 hours
5. **No Rinsing** for 24 hours

If bleeding persists bite (keep pressure on bag do not chew) on a plain, moistened tea bag, (**No herbal or decaffeinated teas**) for 10 minutes. If the bleeding has not ceased; call Dr. Denning's office immediately.

#### **Bleeding:**

Some bleeding is normal after any extraction. Bite on gauze for 15 minutes. If bleeding has not subsided, use a fresh pad for an additional 15 minutes. Repeat if necessary. If bleeding persist, use a tea bag in place of the gauze pad for 15 minutes.

#### **Pain:**

Some discomfort may be experienced following oral surgical procedures. One or two tylenol or ibuprofen will usually relieve the pain. Repeat as necessary.

#### **Mouthwash:**

Do not rinse mouth. **After 24 hours** use salt solution (one tablespoon of salt dissolved in a juice glass of warm water) every 3 hours to cleanse the affected area. This should be done 3-4 times per day for 2-3 days.

#### **Swelling:**

Some swelling may be noticed. Do not be alarmed by this normal reaction. Apply ice bag for a ten minute interval. Remove for ten minutes. Repeat until swelling is relieved.

#### **Eating:**

Soft food is desirable. Avoid very hot, cold or spicy liquids. Avoid getting particles of food into empty space.

**Remember to call promptly in case of severe pain, excessive bleeding or any unusual development.**