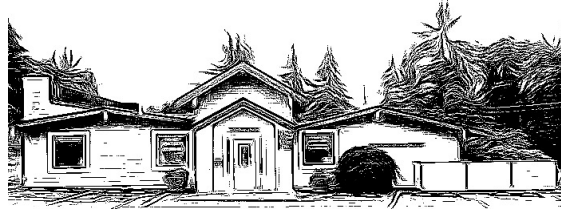


Rothbauer Dental



Extraction Postoperative Instructions

- Do not brush teeth in the extraction area for the remainder of the day.
- Do not eat hard or little food such as chips, popcorn, ETC...
- No Smoking. No alcohol. No sucking on a straw. No vigorous rinsing.
- No exercising. No heavy lifting. No hot liquids for 24 hours.
- Its best to take Tylenol or Motrin for pain.
- If you experience a bleeding episode, sit back, roll up some gauze and bite down for 10 minutes, repeating as often as necessary. There is bound to be some oozing, which will look like KOOL-AID. If you experience prolonged bleeding, (like ketchup) Immediately dial 911 or go to the Emergency Department... or call the office @253.582.9010
- Do drink plenty of cool fresh water (6 glasses a day). This helps to speed up recovery. Just be sure not to use a straw.
- Return to this office at your next appointed time to have any sutures removed...Usually in about a week.
- Please don't hesitate to call if you have any questions or experience any problems