

## Instructions for Post-Extraction

- **Relaxation**

It is highly recommended that you rest well after the extraction. Refrain from going back to work that day. If needed, pile up pillows under your head before sleeping.

- **Pain**

After the anesthetics wear off, you may feel a mild ache in the area. DO NOT TAKE ASPIRINS OR ANY RELATED MEDICATION! Please take the pain reliever if prescribed by our doctor. Also, please note not to drive or handle potentially dangerous or heavy machinery after taking the prescribed pain reliever.

- **Bleeding**

It is very normal for the area of extraction to bleed a bit. If it bleeds heavily, put pressure on the area using the provided gauze every 30 minutes. If the bleeding still doesn't stop, please call our office. DO NOT SPIT. Spitting out saliva would prolong the bleeding by stretching the wound. Please swallow your saliva and excess blood until the bleeding completely stops.

- **Rinsing**

Do not rinse your mouth until the bleeding stops. For 48 hours after the extraction, please refrain from drinking and smoking.

- **Food/drinks**

For 24 hours after the extraction, please don't drink hot drinks or a full meal. Chewing may be difficult, so it is recommended that you eat little portions at frequent intervals rather than eating a full meal at once. Food or drinks that are too hot or cold would cause discomfort. Also, please refrain from spicy, hard, or sour food. Here is a list of foods we recommend:

- Light soup or porridge
- Egg
- Custard cake
- Cereal
- Grounded beef
- Yogurt
- Pudding
- Baby food
- Cheese, etc

Until the extracted area heals, REFRAIN FROM DRINKING FROM STRAWS, as they may open up the wounds.

- **Sutures**

If a portion of the sutures come loose, please don't pull on it. If it is causing discomfort, please call our office at (21) 365-1008.