

SPENCER DENTAL CLINIC
2900 PINE MILL ROAD
PARIS, TX 75460
903-784-7893

EXTRACTION INSTRUCTIONS

TODAY:

1. Bite on the gauze for at least one hour.
2. When you remove the gauze, if it runs deep, dark red blood, then place gauze, cotton or wet tea bag over the area and bite down for another hour.
3. Do not rinse or swish your mouth out.
4. Do not drink any alcoholic beverages.
5. Do not drink any carbonated drinks like Coke.
6. Do not smoke.
7. Do not spit or suck (do not use a straw).
8. It is normal to ooze a little blood for 24 hours.
9. Eat ice cream or soup. Do not chew today.
10. You can brush your teeth, but avoid the area around the extracted tooth for 24 hours.

TOMORROW:

1. You can swish your mouth gently with mild salty water (1/2 teaspoon salt with one glass of water)
2. You can eat, but chew on the other side for a few days.
3. You can brush your teeth in that area, but very gently.