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#### INSTRUCTIONS FOLLOWING DENTAL EXTRACTIONS

1. Keep gauze in place with a steady biting pressure for 30 minutes. If the gauze becomes saturated, replace it with the extra gauze provided making sure pressure is being applied to the extraction area.
2. To assist healing, do not smoke, do not use a straw and do not spit forcefully for 24 hours.
3. Soft foods are recommended for the first 24 hours.
4. Expect saliva to be tinged with blood. However, any frank bleeding or other problems required that you phone our office immediately.