



# **Just Pull It!**<sup>™</sup>

## ***INSTRUCTIONS FOLLOWING YOUR EXTRACTION***

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***🚫 DO NOT SMOKE FOR 48-72 HOURS. 🚫***

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- For the first day after your procedure, avoid sucking through straws, rinsing, and spitting.
- For the first day restrict your diet to soft cold foods, such as applesauce, pudding, jell-o, ice cream or milkshakes. Stay on a soft food diet for a couple of days thereafter.
- Things you want to avoid for the next three days are as follows: spicy foods, pointy foods such as pizza crust or nachos, carbonated drinks such as soda, or acidic drinks such as orange juice, grapefruit juice, or tomato juice.
- Swelling and bruising are normal following tooth or teeth extractions. Apply ice or a cold cloth to the side of your face in which the extraction(s) were performed in 10-minute intervals.
- Apply firm pressure with gauze provided for the first 20 minutes.
- If bleeding seems excessive, use a regular tea bag, dampen it with cool water, remove the string and the staple, place it over the extraction site, applying direct pressure over the extraction site and leave it in place for about 30 minutes.
- After the first 24 hours you are to begin salt-water rinsing. Salt-water is very soothing to the tissue and will aid in the healing process.
- Please feel free to contact us at any time. If you have any concerns after regular office hours, please contact our answering service and they will contact the doctor for you.

**We can be reached at (352) 600-8066**

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