



# PGJ Dental Clinic

General Dentistry • Orthodontics

14 Baesa Road, Caloocan City

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## CLINIC HOURS:

Sunday to Friday: 10AM to 7PM

Email Address: [cess.jarin@yahoo.com](mailto:cess.jarin@yahoo.com)

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

## INSTRUCTIONS AND HOME CARE AFTER EXTRACTION OR SURGERY

1. Let the patient bite on gauze for 15 mins. after extraction to stop bleeding on concerned area. If biting is not possible, apply finger pressure by pressing firmly on the area with a piece of gauze. Some additional bleeding is expected for several hours.
2. Keep fingers and tongue away from the wound.
3. Do not rinse for at least 4 hours.
4. Avoid drinking liquids with the use of a straw.
5. A soft diet may be best for the next 24 hours. Food should not be too hot or cold or warm to avoid bleeding.
6. Apply cold compress for 10 to 20 mins. or have the patient take cold food like plain ice cream or popsicle to ease discomfort.
7. Numbness of the lips, cheek and tongue from the anesthesia will last for another 2 hours from the time of dismissal from the office. DO NOT bite, suck, or chew the lips, cheek or tongue during this time otherwise lacerations of the tissues could occur. While this is not serious, it is most uncomfortable.
8. Take the medications prescribed as needed. Notify dentist of any drug allergy.
9. Refrain from strenuous activity for the next 24 hours.
10. Brush gently the unaffected sides.
11. Not all extractions require antibiotic treatment. Fever and swelling after extraction is very unlikely. If this happens within 24 hours notify the dentist for proper management.