



Beautiful smiles begin here!

571-350-3663

www.smilewonders.com

Extraction and Soft Tissue Aftercare Instructions

-Do Not:

- Use straws, or spit for 24 hours
- Brush or use mouth rinse in that area for 24 hours
- Take aspirin
- Eat hot (temperature or spicy) or citrusy foods. (orange/apple juice)
- No strenuous activity for 24 hours
- No swimming for 24 hours

Do:

- Use Children's Tylenol or Motrin as needed
- Eat soft, colder foods
- Brush gently in the areas not affected
- Light activity is okay.
- Bite on gauze if needed for hemostasis
- Exercises start on day after procedure if applicable
- Call the office if you have any questions or concerns - even after office hours you will be able to reach us at the office number.