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Board Certified Specialist in  
Pediatric Dentistry

## Home Care Instructions for Extractions

### FOLLOWING LOCAL ANESTHESIA:

Do not eat or drink anything hot and avoid chewing or rubbing the treated area until all feeling has returned. This normally occurs within 2-3 hours after the appointment.

### FOLLOWING EXTRACTIONS:

1. To control bleeding, bite on sterile gauze for 30 minutes, changing the gauze every 10 minutes. If bleeding continues or resumes, bite on a cold, damp tea bag for one hour, but do not chew the tea bag.
2. Do not drink carbonated beverages or eat or drink anything hot. Do not eat chips or foods with small seeds and do not drink from a straw for the rest of the day.
3. If minor swelling or pain occurs, apply an ice pack to the area for one hour (15 minutes on and 15 minutes off). If minor discomfort occurs, acetaminophen (Tylenol) or ibuprofen (Motrin or Advil) is recommended. Never use aspirin for children. In case of significant or persistent pain or swelling, please notify the office.

### *Two Convenient Locations*

#### **PARKER, COLORADO**

18801 E. MAINSTREET  
SUITE 150  
PARKER, CO 80134  
**PHONE: 303.841.7900**  
FAX: 303.841.1290

#### **CASTLE ROCK, COLORADO**

4344 WOODLANDS BLVD.  
SUITE 260  
CASTLE ROCK, CO 80104  
**PHONE: 303.841.7900**  
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