



GOOCHLAND DENTISTRY
Family & Cosmetic

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SMILE! SPEAK AND EAT!
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Taking care of yourself after an extraction procedure

You are going to heal and feel great! Just follow these instructions:

- ❖ For 24 hours do not:
 - Drink through a straw
 - Spit
 - Smoke

These steps will keep you from developing a dry socket
- ❖ We have given you gauze. Change the gauze every 30 minutes until the bleeding stops. Usually bleeding stops in 8-12 hours.
- ❖ Place an icepack on your face, where the tooth was extracted. Alternate 30 minutes-on, 30 minutes-off, for the first 6 to 12 hours.
- ❖ Eat warm-to-cool, soft foods for the first day. Stay away from chips, nuts and chewy foods.
- ❖ For pain take:
 - Ibuprofen 800mg every 8 hours
 - Tylenol 325mg 2-3 tabs every 4 hours
 - Your prescription medicine
- ❖ Rinse 3 times a day with warm salt water the day after extractions.
- ❖ **Any questions call us at (804) 784-4624 or after 5:00 pm (804) 363-4513.**