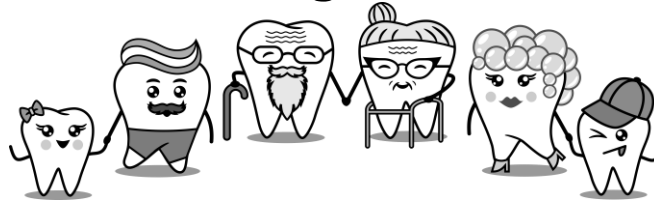


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INSTRUCTIONS TO BE FOLLOWED AFTER AN EXTRACTION

- Please bite on the gauze for 30 minutes.
- You must not rinse your mouth on the day of the extraction as it can bleed and not heal well.
- Please do not insert anything (finger, tongue, etc) into the extraction site/socket.
- Please do not smoke for at least two days.
- If the bleeding starts again, you can place a clean & wet tea bag over the extraction site and then bite firmly for 30 minutes. If the bleeding continues after this, please go to your nearest emergency unit to get professional help.
- Please do not chew on the side of the extraction for a week.
- Please rinse your mouth gently with salty water after brushing from tomorrow.
- If you continue to have pain after 2 to 3 days, please advise us as you may need to return for further treatment.
- Please do not use any medication containing Aspirin (Disprin, Grandpa, Anadin, Compral) for 3 days before or after an extraction or you will bleed excessively.
- If you have any medical condition such as Diabetes or HIV, you are more susceptible to a post-operative infection and it will take longer for the extraction site/socket to heal.

THANK YOU & HAPPY HEALING!