

COX & MIRANDA, DDS  
777 WELCH ROAD, STE H.  
PALO ALTO, CA 94304

**POST OP CARE INSTRUCTIONS FOR EXTRACTION**

- **NO SMOKING!** This prevents the area from healing.
- Please continue with your antibiotics until they are finished.
- Your extracted tooth/teeth area(s) will be a little sore for 7 – 10 days.
- Your jaw may be a little sore due to the anesthetic injections.
- Please use your ice packs on and off throughout the day until bedtime. Ice again after eating and 30 minutes before going to bed.
- You may have some swelling or outward bruising. This is normal and the ice packs will help with this.
- Be sure to sleep a little “elevated”; sleeping flat will increase some bruising and swelling.
- You **MUST** take it easy for 5-7 days. **NO** heavy lifting or exercising until approved by the Dentist.
- **DO NOT** eat spicy foods during the first few days.
- No sucking through a straw. As much as possible, do not blow your nose or sneeze for the first few days.
- Take 2-3 tablets of either, Motrin or Advil every 4-5 hours, or take Aleve twice a day for the first few days. This will help with any discomfort or inflammation you may have.
- If you’re unable to take any of these items listed above, then take Tylenol. However, it will not help with the inflammation.
- If you have any throbbing pain over the next 24 hours, please call (650) 326-7257 to be seen and be further evaluated.
- If the pain begins after hours, then call the appropriate doctor’s emergency cell:
  - James Cox, (650) 888-6658,
  - Dr. Cristian Miranda, (415) 250-3037

October 21, 2011