

POST OP CARE INSTRUCTIONS FOR EXTRACTION

- **Please continue with your antibiotics until they are finished.**
- **Your root canal 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 through out 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.**
- **You MUST take it easy for 5 - 7 days. NO heavy lifting or exercising until approved by the Dentist.**
- **You should eat soft foods during the first few days as your tooth needs time to heal.**
- **Take 2-3 tablets of either, Motrin, Advil, or Aleve every 4 – 5 hours 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.**
- **It is important that you schedule the next appointment to finish the treatment on this tooth.**
- **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**
 - **Dr. Paul Brown, (650) 888-6601**

October 13, 2011