RYAN J. LANMAN, DDS, MSD 3621 NW 63RD STREET, SUITE I OKLAHOMA CITY, OK 73116

HOME CARE FOLLOWING TOOTH REMOVAL

Expect some "oozing" of blood during the first 12 hours.

Maintain biting pressure on the gauze for at least two (2) hours. The longer the better.

Change the gauze after two to three hours if there is still a bit of "oozing."

Take medications as directed. It is usually best to take 600-800mg Ibuprofen before the numbness wears off.

Do not brush or floss the teeth next to the area where a tooth has been removed for two days. Use the PERIOGARD solution to control the plaque build-up twice a day. On the third day following tooth removal, you may restart gentle plaque control.

Use a cool liquid diet today. Normal diet tomorrow, but chew on the opposite side.

Do not rinse the mouth today. Tomorrow use PERIOGARD.

IF YOU HAVE ANY QUESTIONS PLEASE DO NOT HESITATE TO CONTACT US

OFFICE: (405) 840-2834 DR. LANMAN: (405) 312-7066