



DIVISION OF CITY SCHOOLS
Olongapo City National High School
CITY OF OLONGAPO

Petsa

Sa kinaauukulan:

Ito ay pagpapatunay na pinapahihintulutan/pinapayagan kong magpabunot ng ngipin ang aking anak na si _____, _____ taong gulang sa Olongapo City National High School Dental Clinic.

Lubos na gumagalang,

Lagda ng magulang

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Dos and Don'ts after Tooth Extraction

1. The Patient should bite gauze in 15 minutes and should keep himself/herself from chewing/biting on his/her cheek or lips while these tissues are still numb from anesthesia.
2. The patient should not rinse his/her mouth vigorously to avoid disturbing the blood clot.
3. The patient can take soft, semi-soft foods but should avoid chips, nuts, or foods that are hard and sharp that can irritate the tissues at the extraction site.
4. Taking cold food like ice cream is recommended.
5. To stop bleeding, place a gauze pack over the bleeding site and have the patient bite down on it for 15 minutes.
6. For pain, the patient can take pain relievers as prescribed by dentist/physician.
7. Brush the teeth gently so as not to disturb the blood clot.

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