

## Post Tooth Extraction Instructions



## Follow the instructions below to avoid any complications post tooth extraction:

- Bite firmly on the gauze pack, and change it every hour if bleeding continues
- Do not smoke for at least 12 hours postoperatively
- Do not rinse your mouth during the first day of the extraction
- You can rinse gently with warm water and salt starting the day after the extraction
- Do not drink liquids through a straw, and drink directly from a cup or glass
- It's best to eat cold soft food or room temperature food during the first day of the extraction (like ice cream and yogurt)
- Avoid fizzy drinks
- You can eat anything you can tolerate starting from the day after the extraction
- Swelling of the cheek in 48 hours after extraction is a normal body reaction and may last for 4-6 days. In cases like this, the doctor will prescribe medication that is necessary. You can also apply ice packs over the area especially during the first 12 hours after the extraction
- You can take the pain reliever prescribed by the doctor to reduce the pain
- You may experience difficulty opening your mouth after the extraction. This is normal and will improve within 5-10 days

## Cases that are considered as an emergency post extraction:

- When you are experiencing excessive pain that cannot be controlled with the prescribed pain reliever
- Continuous bleeding that cannot be controlled by biting on gauze
- Increased swelling of the cheeks after the third day following the extraction
- Presence of a fever