

# Post-Operative Instructions

## TOOTH EXTRACTION

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process.

### Do's

- To Stop Bleeding bite on gauze pad for 30-40 minutes after extraction. Do not place any other cotton/gauze. If the bleeding hasn't stopped for few hours call the clinic for assistance.
- Use ice packs to keep the swelling & pain to minimum
- The effect of the anesthesia will wear out in 2-3 hours
- Use medications as directed by the dentist, complete the course even there no sign of pain or infections.
- Drink lot of fluids and follow soft and cold diet during the day of extraction. You can begin normal food in the next day or as soon as it's comfortable.
- Gently rinse your mouth three times a day with warm salt water from the second day onwards
- Resume your normal brushing after 24 hours.
- If sutures have been placed, schedule an appointment after 5 days for removal
- It is normal for the pain to peak on the third day of the extraction, after which it will subside within a day. In case you are facing persistent pain or radiating pain with or without swelling, please report to the clinic immediately

### Don'ts

- Don't smoke, suck through a straw, rinse your mouth vigorously, and spit, clean the teeth next to extraction site.
- Do not place your tongue/finger in the extraction site
- Avoid alcohol beverages, Hot and spicy foods for 24 hrs.

**Call us right away if you have heavy bleeding, severe pain, continued swelling after three days, or a reaction to the medication.**