



DENTAL EXTRACTIONS - INSTRUCTIONS TO FOLLOW:

Immediately:

- Gauze: Keep the gauze pack on the extraction site for at least 30-60 minutes, or as instructed, to control bleeding.
- Rest: Rest and avoid strenuous activity for the first 24-72 hours to prevent pain and bleeding.
- Pain: Apply a cold pack or ice pack to your cheek for 10-20 minutes at a time to reduce swelling.
- Diet: Do not eat for at least two hours after surgery. Gradually return to a soft-food diet and drink plenty of fluids to stay hydrated.
- Strictly no smoking.

Within the first 24 hours:

- Avoid suction: Do not use straws, smoke, or spit vigorously, as the suction can dislodge the blood clot and cause a painful dry socket. Sneeze with your mouth opened.
- Rinsing: Do not rinse your mouth at all for the first 24 hours. Aggressive rinsing can disturb the clot.
- Diet: Stick to liquids and soft foods like yogurt, soup, and mashed potatoes.
- Other: Avoid alcohol and very hot foods or drinks.

After 24 hours:

- Oral hygiene: Gently rinse with warm salt water two to three times a day. You can start to gently brush and floss other areas of your mouth, but avoid brushing directly on the extraction site.
- Diet: Gradually return to a normal diet as you feel comfortable, avoiding hard, crunchy, or seed-containing foods for a longer period to avoid damaging the site.
- Medication: Continue to take any prescribed pain medication or antibiotics exactly as directed. Take pain medicine with food to prevent stomach upset.

