

INSTRUCTIONS AFTER EXTRACTION OF TEETH



Bite on gauze

After the procedure, bite down on gauze to help stop any bleeding. Keep the gauze in place for at least 30 minutes or until bleeding stops. After 30 minutes, take out the gauze gently and let the saliva/blood drool out.

Do not Spit

Avoid spitting out for at least 3 days after the extraction. This will lead to the dislodgement of the blood clot and the extraction site may bleed again. It's your own saliva and blood, swallow it.

Apply Ice

Applying an ice pack to the affected area in an alternative fashion. This means that you do not apply the ice pack continuously, but with intervals of one minute. Place it on the affected area for a minute, remove it and then place it again after a minute. Keep doing this for a few times. This can help reduce swelling and relieve pain.

No Straw

Drinking through a straw can dislodge the blood clot and delay healing. Avoid using straws for at least 24 hours after the extraction

Eat soft foods

For the first few days after the extraction, eat soft and cold foods that are easy to chew and won't irritate the affected area. Avoid hot, hard, crunchy, spicy, oily or sticky foods.

No Smoking

Smoking or drinking alcohol can slow down the healing process and increase the risk of infection. Avoid drinking alcohol, smoking or using tobacco products for at least 7 days after the extraction.

Keep it Clean

Brush and floss your teeth as usual, but be gentle around the extraction site. Rinse your mouth with lukewarm salt water after meals to keep the area clean.