

CARE AFTER TOOTH REMOVAL

Bite gently but firmly on the cotton gauze,

This will control the bleeding.

Remove after 45mins.

If still bleeding bite gently on a wet tea bag.

Placing an
Ice Pack



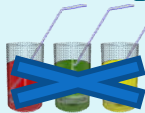
on the cheek will help reduce swelling and may help control bleeding.

Avoid hard work, Sports and exercise the first 24hrs after the extraction.



Avoid hot sticky & hard foods.

Do Not use a straw!



Avoid spitting!

Eat cold foods, Eat soft foods like eggs, pasta.



Do not eat rice or anything with little seeds.

Gargle mildly with lukewarm salt water 8hrs after extraction

Do so for 3 days

Let the water drool/fall out of your mouth (No Spitting)

No alcohol ,   No smoking

after extraction and during the time of medication.



Take the prescription medication in the right dose at the right time



If there is a suture (stitch) in the extraction site, get it removed at next appointment as per dentist unless it is dissolvable.

