

After Tooth Extraction

Follow these instructions carefully to promote healing and reduce the risk of complications. The blood clot that forms in the socket is essential for healing.

The First Few Days

- **Bleeding:** Bite down gently on the gauze pad placed over the wound for 15 - 30 minutes. If bleeding continues, replace it with a clean gauze pad and repeat (as many times as needed).
- **For the first two hours:** Do not eat, drink, or smoke. It is advisable to avoid smoking for at least 2 days.
- **Do not rinse your mouth:** Avoid rinsing your mouth, sucking (e.g., drinking through a straw), or spitting vigorously, especially in the first 24 hours, to ensure the blood clot stays in place and the healing process can begin.
- **Diet:** Consume liquid or soft foods. Avoid hot drinks and food for the first 1 – 2 days.
- **Rest:** Avoid heavy physical exertion for the first 1 – 2 days.
- **Pain:** Post-extraction pain is normal. Use pain relief medication as directed by your dentist if needed.

Promoting Healing

- **Mouth Rinsing:** Your dentist may advise you to use chlorhexidine mouthwash from the next day onwards for a short course. However, use it very gently to avoid dislodging the blood clot from the socket.
- **Brushing:** Continue to brush your teeth and clean between them carefully, but avoid touching the extraction site. It's important to keep your teeth clean.

Contact your dentist if you experience significant bleeding, increased swelling to the face or jaw area, high fever, or general malaise.