

Post - tooth extraction maintenance

- > Keep a sterile gauze tampon on the wound for about 20 minutes
- > Try not to touch the wound with your tongue or fingers to avoid irritation, inflammation, and bleeding
- > Avoid spitting until at least two days after surgery
- > Eating and drinking is not recommended at least for two hours after the procedure
- > Do not smoke or drink alcohol at least for 24 hours after the extraction
- > Avoid physical exercise on the procedure day, because it raises blood pressure and may cause bleeding
- > To decrease the swelling, hold an icepack on your cheek area with 20-60 minute pauses. The icepack will decrease swelling, but not remove it entirely. Do not use a warm compress!
- > Avoid hot drinks! Food should be soft and cool. It is not recommended to use a drinking straw because it can trigger bleeding.
- > Use painkillers prescribed by your doctor if necessary.
- > Avoid using mouthwash in the first 24 hours. Be very careful when rinsing your mouth, as intensive rinsing can cause bleeding.
- > Avoid going to sauna or hot bath at least for two days after the surgery.
- > Mouthwashes containing a chlorhexidine or weak salt (NaCl) solution are best.

In case of severe bleeding, strong pain, continuous fever (38° and above), redness, or any other concerns, contact your dentist.