

Tooth Extraction Post-Op Instructions

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1. Bleeding & Pressure:

Keep firm pressure on the cotton gauze pad for 30-45 minutes. Light pink oozing is normal for 24 hours. Replace gauze as necessary.

2. Protect the Blood Clot (Dry Socket Prevention):

- * DO NOT drink through a straw for at least 72 hours.
- * DO NOT spit forcefully; swallow saliva or wipe mouth gently.
- * DO NOT smoke or consume carbonated beverages.

3. Swelling Control:

Apply ice packs to the cheek (20 mins on, 20 mins off) for the first 24 hours.

4. Diet Guidelines:

Soft foods only (pudding, yogurt, mashed potatoes, applesauce) for 48 hours.

5. Oral Hygiene:

Avoid brushing the extraction site for 24 hours. Brush other teeth normally.

Rinse gently with warm salt water starting 24 hours post-operation.

If severe pain develops 3-4 days after (potential dry socket), contact us instantly.