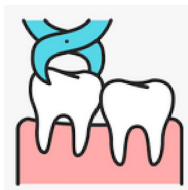




POST-TREATMENT INSTRUCTIONS FOR DENTAL EXTRACTION SURGERY

- **Protect the Blood Clot:** Be careful not to disturb the blood clot that forms in the extraction site. Avoid excessive rinsing, spitting, or using a straw for the first 24 hours to prevent dislodging the clot.
- **Control Bleeding:** Bite down on a gauze pad placed over the extraction site for about 30-45 minutes to control bleeding.
- **Apply Ice Packs:** Use ice packs wrapped in a cloth on the outside of the cheek near the extraction site to reduce swelling and alleviate discomfort. Apply for 10-15 minutes at a time with intervals in between.
- **Take Prescribed Medication:** Take all prescribed pain medication or antibiotics directed by the dentist to manage pain and prevent infection.
- **Rest and Avoid Strenuous Activity:** Rest for the remainder of the day after the extraction and avoid strenuous activities for at least 24 hours to aid in the healing process.
- **Eat Soft Foods:** Stick to a soft diet for the first few days after extraction. Avoid hard, chewy, or spicy foods that may irritate the extraction site.
- **Maintain Oral Hygiene:** Continue to brush and floss your teeth, but be gentle around the extraction site to avoid disturbing the healing process. Avoid vigorous rinsing or using mouthwash for the first 24 hours.
- **Avoid Smoking and Alcohol:** Refrain from smoking or consuming alcohol for at least 24 hours after extraction, as these activities can delay healing and increase the risk of complications.
- **Avoid Touching the Extraction Site:** Try not to touch the extraction site with your fingers or tongue, as this can introduce bacteria and impede healing.
- **Follow-Up with Your Dentist:** Make sure that you attend all scheduled follow-up appointments with your dentist to monitor healing progress and address any concerns or complications.



VISIT YOUR DENTIST EVERY 6 MONTHS FOR A HEALTHY SMILE & A HEALTHY LIFE

