

POST-EXTRACTION INSTRUCTIONS

- Bite on the cotton/gauze pack placed in your mouth for 45 minutes to one hour. After that remove and throw it. Do not place any other cotton after that.
- Apply ice from outside for 10-15 minutes, once in an hour. Do this 1-2 times.
- Do not spit, rinse or gargle for 24 hours. Keep swallowing the saliva or blood that gets collected in the mouth.
- Do not use straw for having liquids.
- No hot, hard or spicy food for 24 hours.
- Eat soft, cold/room temperature, semisolid food today such as: juice, ice-cream, curd, bread & milk, dal, khichdi, dal-rice. Drink plenty of water/liquids.
- After 24 hours have passed, do warm saline rinses (warm water with salt)
- Continue with the medications as prescribed.
- Avoid Smoking for at least 5 days after surgery.
- Avoid strenuous activity/exercise for 2-3 days after surgery.
- In case of any problem please contact your Doctor.