



## AFTER TOOTH EXTRACTION

After your tooth is removed, you'll be asked to bite down on a gauze pad for approximately 30 minutes to help a blood clot form at the extraction site.

If bleeding continues, discard the used gauze, replace it with a fresh one, and bite down again. Applying an ice pack can also help. You may need to repeat this process until the bleeding stops and a clot forms.

Once a clot has formed, it's important to avoid disrupting it. For at least 72 hours, do not rinse your mouth vigorously, spit forcefully, smoke or use a straw.

Brush gently near the extraction area, avoid touching sutures or extraction site itself.

Avoid strenuous physical activity for the first 24-48 hours.

Some pain and swelling are normal and typically last 48 to 72 hours.

These symptoms can be managed with ice packs and any pain medications your surgeon has prescribed or recommended. On the day of the extraction, stay well-hydrated and eat only soft foods.

You can return to a regular diet as soon as you feel comfortable doing so. Within 24 hours, you may resume your usual oral hygiene routine, including brushing and flossing.