



After Your Tooth Extraction

Please follow these instructions to help your mouth heal properly:

Immediately After Extraction

- Bite firmly on the gauze for 30–60 minutes.
- Some slight bleeding is normal.
- If bleeding continues, replace the gauze every 30 minutes until no blood spots appear on the gauze.

For the First 24 Hours

- Do not rinse your mouth vigorously.
- Do not spit forcefully.
- Do not use a straw.
- Avoid smoking and alcohol.
- Avoid touching the extraction site with your fingers or tongue.

Eating & Drinking

- Eat soft foods such as porridge, soup, mashed potatoes, or yoghurt.
- Avoid hot, spicy, crunchy, or hard foods.
- Drink plenty of water.

Pain & Swelling

- Take your prescribed medication as directed.
- Apply an ice pack on the outside of your cheek for 15 minutes on, 15 minutes off during the first day if swelling occurs.

Oral Hygiene

- Continue brushing your teeth carefully.
- Avoid brushing directly over the extraction site on the first day.
- For surgical wisdom teeth extraction, an antiseptic mouth rinse may be used if recommended.

For the Next 3 Days

- Do not lift heavy items.
- Do not perform vigorous exercise.
- Do not smoke or vape.

Please Contact Us Immediately If You Experience:

- Heavy bleeding that does not stop
- Severe pain that worsens after 2–3 days
- Increasing swelling or pus
- Fever or difficulty swallowing