



After Tooth Extraction: Tips for Care & Healing

1. Immediate Aftercare

- Bite gently but firmly on the gauze for 30–60 minutes to help control bleeding.
- Do not rinse, spit forcefully, or use a straw on the first day, as this can dislodge the blood clot.
- Avoid smoking, as it can delay healing.
- Rest at home and avoid strenuous activity during the first 24 hours.
- Apply a cold pack to your cheek in 10–15 minute intervals during the first 24 hours.

2. Managing Pain and Swelling

- Take prescribed or recommended medication as directed.
- Use cold compresses for the first 48 hours, then switch to warm compresses if you experience stiffness.
- Keep your head slightly raised when resting to reduce swelling.

3. Oral Hygiene

- On the first day, brush your other teeth as normal but avoid the extraction site.
- From the second day, rinse gently with the mouthwash provided or warm salt water several times daily.
- Avoid vigorous rinsing, spitting, or using commercial mouthwash too early.

4. Eating and Drinking

- For the first few days, stick to soft foods such as yoghurt, mashed potatoes, congee, silken tofu, or smoothies without seeds.
- Avoid hard or crunchy snacks, spicy dishes, very hot foods or drinks, and straws.
- Drink plenty of fluids such as water, diluted juices, or warm herbal teas.

Please contact us if you experience **bleeding that won't stop with pressure, severe swelling, fever, pus, foul odour, persistent numbness/tingling, or worsening pain after day three.**

Need Help? Contact us at **96671828**. **For emergencies, dial 995.**

True Dental Studio wishes you a speedy recovery.