

## **Post-operative Instructions**

- Bite on gauze for 60-90 minutes, swallow saliva as usual.
- Pain and discomfort such as swelling, movement limitation of the jaw, sore throat, ecchymosis, etc. may occur during the 2-3 days after the extraction; take the antibiotics and/or analgesics as prescribed by your dentist.
- Within the first 12 hours, do not smoke, consume alcohol, or engage in excessive physical exercise; please rest.
- Within the first 24 hours, do not spit, drink with a straw, or suck on the extraction wound; this is to ensure the formation of a healing blood clot.
- To prevent swelling, apply an ice pack to the outside of your face in the area of the extraction during the first 24 hours. Apply for 15-20 minutes every hour.
- Do not brush your teeth during the first 24 hours after the extraction. The following day, rinse your mouth with warm salt water (1/3 teaspoon of salt) and proceed with teeth brushing gently while avoiding the area of the extraction.
- During the first 24 hours after the extraction, have cold, liquid food and avoid hot or spicy food. The following day, have warm, soft food and return gradually to normal diet.
- 48 hours after the extraction, you may apply a warm cloth to the outside of your face in the area of the extraction to help reduce the swelling.

**If you have any questions or notice any of the following symptoms, please contact the dental clinic:**

- Excessive pain or discomfort.
- Fever.
- Prolonged bleeding.
- Increasing swelling after 3<sup>rd</sup> day following extraction.