

TOOTH EXTRACTION AFTERCARE

Doing/not doing certain things may help you feel better, heal faster and avoid any complications or postoperative infections. Rules after a pulled tooth are not so difficult and only need you a few days to keep them. If the pain becomes more severe in the following 24-48 hours, please contact your dentist. Various things can cause pain, our goal is to find the relevant one and to cure it. In order to do solve your problem, please ask for your dentist's help.

Aftercare instructions:

- Do not in any circumstances eat before the anesthesia wears off, either aspiration, choking can occur, or you might injure your gums or even burn yourself by not feeling the temperature of the food.
- The most important aspect of your tooth extraction recovery is maintaining the blood clot that forms in the tooth socket. This helps you avoid potential complications. In order to support this please avoid spitting, rinsing or creating a sucking action that can dislodge your clot in the socket in the following 3 days of the extraction.
- You should refrain from smoking at least 3 days, because the chemicals found in tobacco can affect blood clotting and increase your risk of developing a dry socket or any other infection.
- In the first 3 days after extraction avoid any dairy products, especially raw milk. Dairy protein causes an inflammatory response in the oral tissues.
- Until complete healing, avoid all kind of food or fruits with seeds in them and seeds themselves, which can get stuck in the wound and may cause infection.
- The day after the extraction you can carefully brush your wound with a soft toothbrush. Be gentle but thorough, watch out not to remove the blood clot.
- Avoid bending down and lifting heavy things (gym too), this may lead to the wound opening up, bleeding and leads to infection.
- If you notice swelling in the extraction area, use some ice on the facial area. The ice should be in every case packed in a soft cloth so you will not get injured from the cold. Continue icing for 3-4 minutes in 10 minutes intervals.