



## After a **tooth extraction**

It is possible that the wound becomes infected after this type of procedure.

To avoid complications, we advise you to follow these tips:

- ✚ Do not consume hot food or drinks during the first 24 hours after surgery. Choose *cold to warm meals or drinks*.
- ✚ Avoid acidic food such as tomatoes, vinegar, lemon, etc for 3 to 4 days. Try to *eat mashed or easy to eat foods*.
- ✚ Do not rinse your mouth the day of the surgery. If you have a bad taste in your mouth, *drink water or let it drain into the sink without spitting*.
- ✚ It is not advised to smoke the first few days after the procedure. *Temporarily stop or at least reduce smoking*.
- ✚ *Avoid intense physical exercise for 2 or 3 days*.
- ✚ If you notice a new bleeding at home, *bite on a clean compress or a piece of tissue for 30 minutes*. If bleeding persists, *call the dental practice*.
- ✚ You can start *rinsing with the mouthwash* (if it has been prescribed) *tomorrow*, not before.
- ✚ *Apply the ice pack* (if it has been given to you) on the operated area during *the first 3 hours*, while *putting it in the fridge regularly*. After 3 hours, it is no longer necessary to apply it.

These tips are primarily aimed at stabilizing the bleeding and the blood clot formed in the extraction site, an essential step for healing.

It is normal to feel pain for 2-3 days after the procedure. They are due to the healing process. After 4-5 days, these should decrease.

*Contact the dental practice if the pain does not decrease or increases*. It is possible that additional cleaning of the wound is necessary.