Post Op Instructions checklist after having a tooth removed:

1. Immediately after the procedure, keep gauze in place by biting down for 30-45 minutes to stop bleeding. Replace gauze every 30-45 minutes if needed.

2. Ice the area for the first 24 hours by applying an ice pack to the outside of the face for 20 minutes on, 20 minutes off.

3. Avoid any rinsing, spitting, or sucking through a straw for the first 24 hours to prevent dislodging the blood clot that has formed.

4. Avoid hot foods and drinks for the first 24 hours, as they can increase blood flow and prolong bleeding.

5. After the first 24 hours, rinse your mouth gently with warm salt water (1/2 teaspoon salt in a cup of warm water) every 2-3 hours to reduce swelling and promote healing.

6. Avoid strenuous exercise or activities for at least 48 hours after the procedure.

7. Take pain medication as prescribed by your dentist or surgeon. Over-the-counter pain medication, such as ibuprofen or acetaminophen, can be used if needed.

8. If you experience significant bleeding, swelling, or fever, contact your dentist or surgeon immediately.

9. Do not smoke or use tobacco products for at least 72 hours after the procedure, as they can impair healing.

10. Stick to soft, cool foods for the first few days after the procedure, such as yogurt, soup, or applesauce. Avoid hard, crunchy, or sticky foods that can dislodge the blood clot or irritate the extraction site.

11. Brush your teeth gently, avoiding the extraction site, after the first 24 hours. Do not use mouthwash or any other oral care products that contain alcohol for the first few days.

12. Attend any follow-up appointments scheduled by your dentist or surgeon to ensure proper healing and monitor any potential complications.

Following these postoperative instructions can help minimize pain, swelling, and the risk of complications after a tooth extraction.

If you have any questions or concerns, be sure to contact us on (02) 4929 6007 or text 0488850783. The Good Dentist Team.