

POST WISDOM TOOTH EXTRACTION

Immediately after extraction – till 24 hours

Gauge: Hold the gauge pack, gently and firmly, that have been placed at surgical site for atleast 45 minutes. After this duration remove the gauze gently without spitting. If bleeding persists repeat the procedure by taking a water soaked cotton and place it again for 30 minutes. Call the doctor if bleeding still persists.

No smoking / alcohol: They should be avoided for atleast 7 days as they may inhibit recovery.

Ice-cream: Consume a cup of ice-cream after removal of gauge as it prevents bleeding and provides relief.

Medications: Take medicines as prescribed by the dentist without any delay.

Don't sleep by turning on the side of extraction.

Don't keep hand over the cheek on the side of extraction.

Don't apply any warmth on the side of extraction.

Avoid spitting, sipping or any vigorous activity.

After 24 hours

Oral hygiene: Start brushing from next day, be gentle around the extraction site. If there is some bleeding, saltwater rinses may begin 24 hours after surgery. Don't rinse vigorously.

Physical activity: Any heavy physical activity like running, lifting, exercise, bending or any exertion should be avoided. These activities may be resumed after 4-5 days.

Swelling: It is a normal occurrence after surgery and can reach its maximum after 2-3 days of surgery. It can be minimized by using cold pack or ice bag. Ice is helpful if applied in first 24 hours.

Pain: Follow the medications as prescribed by the dentist.

Diet: Take food that you can eat comfortably especially soft and liquid diet for first few hours. You can have dal, dalia, soup, curd and mashed potato or similar food that has been cooled to room temperature.

Hot fomentation: It can begin after 24 hours. Apply hot packs on the site from the cheek side.

Keep your dentist informed if you are suffering from any discomfort don't take advice from your friends and family members.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office at +91 8826948621.