

Post operative instructions after Tooth extraction

1. **Bleeding:**
 - Bite down on the gauze pad placed by your dentist for about 30-45 minutes to control bleeding.
 - If bleeding persists, replace the gauze with a new one and bite down again.
 - Avoid excessive spitting, as it may dislodge the blood clot.
2. **Pain Management:**
 - Take prescribed pain medications as directed by your dentist.
 - If over-the-counter pain relievers are recommended, follow the recommended dosage.
3. **Swelling:**
 - Apply an ice pack to the affected area for the first 24 hours. Use it for 15-20 minutes at a time, with breaks in between.
4. **Rest:**
 - Avoid strenuous activities for at least 24 hours after the extraction.
 - Keep your head elevated when lying down to minimize swelling.
5. **Diet:**
 - Stick to soft foods for the first few days (e.g., yogurt, pudding, mashed potatoes).
 - Avoid hot, spicy, or acidic foods.
 - Do not use a straw, as the suction can dislodge the blood clot and delay healing.
6. **Oral Hygiene:**
 - Do not rinse your mouth on the day of the extraction.
 - Resume gentle rinsing with warm saltwater 24 hours after the extraction. Rinse two to three times a day for the next few days.
 - Avoid brushing the extraction site for the first day and then brush gently around it afterward.
7. **Medications and Antibiotics:**
 - Take any prescribed antibiotics as directed, completing the entire course.
 - If you experience any adverse reactions to medications, contact your dentist.
8. **Follow-Up Appointments:**
 - Attend any scheduled follow-up appointments with your dentist or oral surgeon.
9. **Activities to Avoid:**
 - Avoid smoking for at least 72 hours, as it can hinder the healing process.
 - Abstain from alcohol for the first 24 hours.
10. **Signs of Complications:**
 - Contact your dentist if you experience severe or increasing pain, excessive bleeding, persistent swelling, signs of infection (fever, redness, pus), or if you have any concerns about the healing process.

Always adhere to the specific post-operative instructions given by your dental professional, as individual cases may vary. If you have any questions or concerns, don't hesitate to reach out to your dentist for guidance.