

What to do after the Tooth Extraction

Tooth Extraction Care and Aftercare

The care and aftercare of a tooth extraction entails following the five suggestions below:

1. Keep the Cotton/Gauze which has been given to you Intra Orally pressed over the Extraction hole for 1 hour after the Extraction. DO NOT Speak with Cotton/Gauze in your mouth.
2. DO NOT rinse out, spit out or collect saliva in your mouth for 24 hours following a tooth extraction as doing so may cause the blood clot (which seals the Extraction Hole) to get dislodged & causing disruption in the healing process.
3. Remove the Cotton/Gauze with washed & sterile hands after 1 hour and even after that, speak very little the same day.
4. Only cold, soft foods and drinks to be taken and kept as far from the Extraction hole as possible. Nothing hot, warm or anything hard to be taken for 24 hours after the Extraction from that side.
5. No swishing in the mouth, as the blood clot may be removed or a piece of food may enter the hole and become lodged in causing much pain. After 2 days, you can normally return to your normal diet.
6. DO NOT place your hand over the Extraction area. No heat in form should be transmitted to the Extraction area either by placing of hand, handkerchief, cloth, towel, scarf, shawl & even pillow. DO NOT sleep on the Extraction side for 24 hours after the procedure.
7. The day following the tooth extraction (after 24 hrs Post Operative) and for at least the next 5 days, stir a teaspoon of salt into 250 ml in a glass of warm water until dissolved. Rinse the mouth **GENTLY** with the salt water and give the salt water a little time to be soaking the tooth extraction point. Use after eating or drinking anything, as it keeps the extraction wound clean and the salt helps to keep the area sterile from germs. Use the salt rinse every night before bed as well.
8. Resume good teeth cleaning practices like Brushing & Flossing from about day 2 following the tooth extraction, but be careful near the extraction site.
9. NO SMOKING FOR 2 DAYS following the tooth extraction. Some Dental associations recommend no smoking for two weeks.