



THE DENTAL IMPLANT PRACTICE  
IMPLANTS. COSMETICS. GENERAL DENTISTRY

# Post-Op Instructions After Tooth Removal(Extractions):

## First 24-48 Hours (Critical Period)

- Remove the cotton placed on the surgical site after 30 minutes and take the pain killer prescribed.
- Keep food away from the surgical site. It is essential to maintain proper nourishment, therefore, stick to a soft food diet for the next two days after surgery.
- Avoid eating and drinking anything too hot for the first 24 hours after surgery.
- Please refrain from smoking during the first 48 hours as well as minimizing its frequency during the healing phase. Quitting smoking altogether is even better.
- No strenuous exercise, like going to the gym or running, for the first 48 hours after surgery.
- Avoid using a straw.
- Do not spit or rinse for the next 24 hours. Bleeding from the surgical site is not unusual for the first 24 hours. Do not disturb it by touching the site with your tongue or tissue paper.
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- If, in case there are some traces of bleeding, do not spit or try to rinse it out. Instead, dip cotton or tissue in cold water, squeeze it, place it on the surgical site and bite on it slightly to create some pressure. Hold in place for 5-10 minutes and the bleeding will stop.
- Twenty-four hours after surgery, you have to make sure that you rinse (at least 4-5 times daily) with a pinch of salt in a glass of Luke warm water for the next 4-5 days.
- Swelling may occur after surgery and is completely normal. It may begin 24 hours after surgery, then increase for the next 48 hours, then gradually subside. Sleep with your head in an elevated position for the first couple of nights after surgery and apply ice pack (from outside)
- We expect your recovery period to be as comfortable as possible. However, if a concern arises regarding your treatment or medication being taken, feel free to contact our office at +92 314 2785054 or +92 21 34774021

