



What to Expect After Extraction

- Minor bleeding is normal for a few hours.
 - Mild swelling or discomfort may occur.
 - The area will begin to heal over the next few days.
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Do's After Extraction:

- ✓ Bite gently on the gauze for 30-45 minutes to help stop bleeding.
 - ✓ Apply an ice pack on the outside of your cheek for the first 24 hours (15 minutes on, 15 minutes off).
 - ✓ Take prescribed medications as directed.
 - ✓ Eat soft foods like soup, yogurt, or mashed potatoes for the first 24 hours.
 - ✓ Keep your head elevated when resting.
 - ✓ Gently brush your other teeth but avoid the extraction site.
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Don'ts After Extraction:

- ✗ Do not spit, use straws, or rinse your mouth vigorously for the first 24 hours.
 - ✗ Avoid smoking or drinking alcohol for at least 48 hours.
 - ✗ Don't touch the extraction site with your fingers or tongue.
 - ✗ Avoid hard, crunchy, or hot foods.
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When to Contact Us:

- Excessive bleeding that doesn't stop after 2 hours.
 - Severe pain not relieved by medication.
 - Swelling that worsens after 48 hours.
 - Fever or signs of infection.
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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands!  