



✓ What to Expect After Your Procedure:

- Swelling and mild discomfort are normal for 2–3 days.
 - Minor bleeding may occur for the first 24 hours.
 - You may experience difficulty opening your mouth wide.
 - Bruising around the jaw may develop.
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● Things to Avoid:

- Do NOT spit, rinse forcefully, or use a straw for 24 hours.
 - Avoid smoking or drinking alcohol for at least 72 hours.
 - Refrain from vigorous physical activity for 2–3 days.
 - Avoid hard, crunchy, or hot foods.
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☞ Aftercare Instructions:

First 24 Hours:

- ✓ Bite gently on the gauze pad provided—replace it every 30–45 minutes or as instructed.
- ✓ Apply an ice pack to your cheek in 15-minute intervals to reduce swelling.
- ✓ Rest and keep your head elevated when lying down.

After 24 Hours:

- ✓ Rinse your mouth gently with warm salt water (1 tsp salt in a glass of warm water) 3–4 times daily.
 - ✓ Maintain good oral hygiene, but avoid brushing near the extraction site for 2–3 days.
 - ✓ Continue eating soft foods like soup, yogurt, mashed potatoes, and scrambled eggs.
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⚠ When to Contact Your Dentist:

- Excessive bleeding that doesn't stop after applying pressure.
 - Severe pain or swelling that worsens after 3 days.
 - Signs of infection: fever, foul odor, or pus from the site.
 - Numbness that lasts beyond 24 hours.
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Thank you for trusting Huwaran Dental Clinic — your smile is in good hands! ☺ ✨