



# Narayana Dental

Super Speciality Dental & Implant Center

## Post Extraction Instruction to Patients

Please follow these few simple rules for optimum healing following your tooth removal

- 1. Please bite down on the cotton placed by the doctor for 45 minutes**
- 2. After 45 minutes, remove the cotton with clean hands, eat a cup of plain ice cream or drink ice cold water/juice (without straw) and take the pain killer prescribed to you.**
- 3. DO NOT SPIT, RINSE OR GARGLE FOR 24 HOURS**
4. Please eat soft, non-spicy food at room temperature for 2-3 days
5. Place a cold pack on the face near the extraction site (intermittently for around 10 minutes)
6. Avoid carbonated drinks or alcohol. Do not smoke or chew paan for at least one week following tooth removal
7. Do not keep anything warm on your face near the extraction site
8. Do not engage in strenuous activity for one day after tooth removal
9. Do not brush the area where tooth has been removed for two days. Please continue regular brushing for the rest of your teeth
- 10. A follow up visit is mandatory and will be scheduled to check on the healing and to teach you how to care for the wound after 3 days.**

