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**Prosthodontist**

**Awarded BEST ORTHODONTIST IN BANGALORE**

**Oral Implantologist (Frankfurt Univ)**

**National Dental Excellence Awards, 2014**

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### **POST EXTRACTION INSTRUCTIONS**

After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30 minutes after the appointment. If excessive bleeding or oozing still persists, insert another gauze pad and bite firmly for another 30 minutes. After an hour remove the gauze and have something cold like Ice-cream or yogurt to help arrest bleeding.

- For the first 2-8 hours after surgery, ice packs may be applied to the face over the area of the extraction site and held in place for 15 minutes. This will help reduce discomfort and swelling. When little bit of blood mixes with saliva, it appears as though you have a lot of blood in your mouth when in reality, there is VERY little.

After the blood clot forms, it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, spit, use straws, smoke, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous exercise for the next 48 hours as this will increase blood pressure and may cause more bleeding.

- The anaesthesia will wear off in 3-4 hrs. Till that time avoid biting yourself. The wound caused will start hurting after the anaesthesia wears off. Please eat only soft, cold food for the next 48 hrs. Hot and crunchy food will disturb the clot formation.

- After 48 hrs you may rinse your mouth gently with salted luke warm water. Please take the medications as prescribed. If you have any concerns or questions regarding your progress, please do not hesitate to contact us. An out of hours contact number is also provided.

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