

**KIRAN**

Dental Clinic

Mob: 9986047747

Tel: 08172-266747

Date : _____

PATIENT INFORMATION

First Name: _____ Last Name: _____

Birth Date: _____ Gender: ☐ Male ☐ Female

PROCEDURE DETAILS

Extraction of wisdom teeth (Top and Bottom) was performed under local anesthesia. The procedure was completed successfully with minimal/moderate complications. Post-operative instructions were provided to the patient.

POST-OPERATIVE CARE

1. Apply an ice pack on the affected area for the first 24 hours to reduce swelling.
2. Take prescribed painkillers and antibiotics as instructed by the dentist.
3. Avoid spitting, using straws, or vigorous rinsing for the first 24 hours.
4. Rinse gently with warm salt water after 24 hours, 2-3 times a day.
5. Maintain oral hygiene by brushing gently around the surgical area.

RECOMMENDED FOODS

- Soft foods such as yogurt, mashed potatoes, soups, and smoothies.
- Avoid hard, crunchy, spicy, and hot foods for at least a week.
- Stay hydrated but avoid using a straw.

REST & RECOVERY

- Rest for at least 24-48 hours after the procedure.
- Avoid strenuous activities, heavy lifting, and exercise for a few days.
- Sleep with your head slightly elevated to reduce swelling.

FOLLOW-UP

- Visit the dentist in a week for a post-operative check-up.
 - Contact the dentist immediately if there is excessive bleeding, severe pain, or signs of infection.
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Signature