



Post-Operative Instructions for Tooth Extraction (POIG)

1. Bleeding Management:

- Bite on a gauze pad placed over the extraction site for 30-60 minutes immediately after the procedure.
- If bleeding continues, replace the gauze and bite down firmly for another 30 minutes.

2. Pain Management:

- Take prescribed pain medication as directed by your dentist or oral surgeon.
- Over-the-counter pain relievers like ibuprofen can also be used, unless otherwise advised.

3. Swelling and Bruising:

- Apply an ice pack to the cheek near the extraction site for 10 minutes on, then 10 minutes off, during the first 24 hours.

4. Oral Hygiene:

- Avoid rinsing your mouth for the first 24 hours.
- After 24 hours, gently rinse with warm salt water (1/2 teaspoon of salt in a cup of water) after meals and before bed.

5. Eating and Drinking:

- Start with soft foods and liquids.
- Avoid using a straw, as the sucking motion can dislodge the blood clot.
- Stay away from hot, spicy, crunchy, or hard foods for a few days.

6. Rest:

- Rest and avoid strenuous activities for at least 24-48 hours to prevent bleeding and aid healing.

7. Smoking and Alcohol:

- Avoid smoking and drinking alcohol for at least 48 hours, as these can impede the healing process.

8. Avoid Dislodging the Blood Clot:

- Do not spit, rinse vigorously, or use a straw for the first few days after the extraction.
- Avoid touching the extraction site with your tongue or fingers.

9. Medication and Antibiotics:

- If antibiotics are prescribed, take them as directed and complete the course.

10. Follow-Up:

- Attend any scheduled follow-up appointments with your dentist or oral surgeon.

11. Warning Signs:

- Watch for signs of infection, such as fever, severe pain, swelling that worsens after a few days, or foul taste, and contact your dentist if these occur.

Note:

These are general guidelines and may vary depending on the specific case and individual health. Always follow the specific instructions given by your dental professional.

