

Post-Extraction Care

A straightforward tooth extraction is typically not too demanding on the patient. After the tooth is removed, local anesthesia will continue to work for a short period. Once it wears off, some pain may arise, which can be managed with pain medication. Cold compresses are also helpful. Pain can persist for a few days; however, if swelling occurs, pain worsens, or a fever develops, it's important to consult your dentist.

Post-Extraction Recommendations:

- **Avoid eating** and smoking for at least 2 hours after the extraction.
- **Refrain from alcohol** consumption on the day of the extraction.
- **Avoid intense physical activity** and work that involves bending over on the day of the extraction (for at least the first 2–3 days afterward).
- **Stick to soft, cool foods** and avoid putting pressure on the affected area.
- **Use cold compresses** on the cheek over the extraction area. Gel packs or frozen items work well; just avoid direct contact with the skin by placing a cloth between the skin and the compress. Apply for 20 minutes, then take a 20-minute break. **Do not fall asleep with an ice pack on your face!**
- **Be careful while brushing** around the wound and avoid rinsing the mouth vigorously.
- **Do not rinse your mouth until the third day post-extraction.** Afterward, you can rinse with mouthwash, like Corsodyl (for a maximum of 10 days, 30 minutes after brushing), or use chamomile, or other gentle rinses.
- **Do not suck or apply negative pressure on the extraction site.** Avoid rinsing the area, as healing relies on the blood clot that forms in the empty socket. Disrupting this clot can lead to complications, such as dry socket.
- **Take painkillers** as needed to manage discomfort.
- If the wound has been stitched, **return for suture removal after 7 days**, or as instructed by your dentist.