

Advice after tooth extraction/wisdom tooth extraction



01

Bite on the gauze for 1-2 hours and swallow normally.

(After 2 hours, remove the gauze. If there is still blood seeping from the wound, use a clean gauze to bite on it again for about 1 hour.)

02

Apply ice packs to your face for the first 24-48 hours, alternating between 15 minutes on and 15 minutes off, to minimize swelling and discomfort.

03

Eat soft foods. After meals, you can rinse gently with water for the first 3 days and then rinse normally.

04

Take painkillers 1-2 hours after tooth extraction before the anesthesia wears off. The pain is usually tolerable for 6-12 hours after tooth extraction.

05

Brush your teeth as usual.

06

The stitches can be removed 5-7 days after tooth extraction (in cases where stitches are required).

07

In case of a perforated sinus, avoid rinsing vigorously.
In case of coughing or sneezing, open your mouth wide to reduce pressure. Avoid blowing your nose. Just pat it dry and avoid swimming for 2 months.

08

If any problems or complications occur, please call to make an appointment to return for further diagnosis.



To minimize bleeding



- Do not suck on the wound or use fingers or any objects to poke the wound.
- Do not rinse your mouth with water or saliva for 1-2 hours after surgery or tooth extraction.
- Do not smoke, chew betel, or drink alcohol for 24 hours.
- Do not exercise within 24 hours. In those at risk of bleeding, exercise should be avoided for 5-7 days after tooth extraction.
- Do not use mouthwash containing alcohol or rinse vigorously for 3 days after tooth extraction.

