

ESSENTIAL INSTRUCTIONS AFTER TOOTH EXTRACTION

After the tooth is extracted, the socket (the old place of the tooth from where it was extracted) bleeds for some time and this flow stops only when a blood clot is formed there. This clot can be dislodged with very little blow. And if this happens then the flow of blood will increase. So to avoid this problem some important instructions which we should follow. They are as follows:-

Throw away the cotton wool after half an hour.

Do not rinse your mouth for 24 hours after leaving the dental clinic. As you must have already been told at the clinic.

On the day of tooth extraction, do not eat anything that needs to be chewed, choose only cold liquids such as milk, yogurt, juice or ice cream.

Do not eat from the place where the tooth has been extracted for about 2 days.

Do not touch the clot forming at the place of tooth extraction with your tongue or your fingers. Avoid excessive speaking, excitement, exercise.

Don't consume alcohol, cigarettes if it is too hot (such as tea, coffee etc.).

Do not smoke beedis or cigarettes for a few hours.

Don't do spitting, blowing all these types of things.

If the bleeding does not stop even after leaving the dental clinic, then immediately fold your clean handkerchief and keep it in the bleeding area and close your mouth. (by pressing with the teeth). When you close your mouth by keeping a handkerchief, keep it tightly closed for about 15-30 minutes and if even then the flow of blood does not stop, then contact the doctor.