

## POST OPERATIVE INSTRUCTIONS AFTER EXTRACTION

1. Keep cotton pellet for one hour after which it can be removed
2. Avoid repeated rinsing and spitting in the first 24 hrs
3. Do not take hot food or liquids in the first 24 hrs
4. Apply ice pack over the cheek intermittently following extraction every 2 hrs on the day of surgery{ 2-5 minutes on and 2-5 minutes off}
5. Do not touch the operated region with fingers or even tongue
6. After 24 hrs use warm salt water to gargle 3 -4 times daily
7. Keep good oral hygiene throughout the period of healing
8. Avoid smoking and use of carbonated drinks
9. Use the medicines as advised by the doctor
10. First 24 hrs little bit of blood stained saliva is seen which is normal
11. To report after 1 week for suture removal