



مؤسسة الرعاية الصحية الأولية
PRIMARY HEALTH CARE CORPORATION

Post Tooth Extraction Care Advices



DO'S

On the same day:

- ✓ Keep biting on the cotton pack or gauze for the next hour to stop bleeding.
- ✓ Change the cotton/ gauze pack when it is soaked with blood.
- ✓ Take pain killer medications as advised by the dentist.
- ✓ Place ice bag or cold moist cloth on the face (extraction side)
- ✓ Have soft diet for the rest of the day.
- ✓ Eat cold, soft and nutritious food like yogurt, oats, scrambled eggs, blended fruits and vegetables.

On the next day:

- ✓ Begin eating regular meal and chew the food using teeth on opposite side of the tooth removed.
- ✓ Rinse your mouth with mix half a teaspoon of salt in a cup of warm water after meals.
- ✓ Some tooth extractions may require stitches to close the wound.
- ✓ Adhere to dentist advise on follow up assessment.



If you experience any of the below mentioned symptoms after few hours (>4 hours) of tooth removal, visit your dentist immediately:

- Severe pain
- Heavy bleeding
- Fever and/or chills
- Redness and swelling at the extraction site

DON'TS

- ✗ Do not chew on the cotton or gauze. Just bite on it.
- ✗ Do not touch the site of tooth removal with the tongue or finger.
- ✗ Mouth may feel numb for few hours due to effect of anesthesia. Be careful not to injure the tongue, lips or cheek by biting.
- ✗ Do not rinse or gargle vigorously for next 8-10 hours.
Avoid brushing on the site of tooth removal and adjacent teeth on that day. You can start brushing your teeth from the next day.
- ✗ Avoid hot food and drinks for the same day.
- ✗ Avoid hard food like peanuts, popcorn that can disturb the healing wound.
- ✗ Do not use straw to drink liquids.
- ✗ Avoid strenuous exercise for 1-2 days.
- ✗ Take adequate rest for faster healing.
- ✗ Avoid smoking, as it delays the healing.



Note

If a child has a tooth removed, parents should follow the advice as above and supervise the child.

Permanent teeth extracted in adults need to be replaced with artificial teeth either implant or bridge, or partial denture.

If you cannot reach your dentist, visit any hospital Emergency Department.



www.phcc.qa



PHCCqatar