

Aftercare Guidelines for Tooth Extraction

Dear [Patient's Name],

We hope this message finds you well. Following your recent tooth extraction, it's important to follow these guidelines to ensure proper healing and recovery.

1. Control Bleeding

Bit down gently on the gauze pad placed over the extraction site for at least 30-45 minutes. If bleeding continues, replace the gauze and bite down for another 30 minutes.

2. Pain Management

Take prescribed pain medications as directed. Over-the-counter pain relievers such as ibuprofen or acetaminophen may also help.

3. Diet

For the first 24 hours, stick to soft foods like yogurt, pudding, or smoothies. Avoid hot, spicy, or crunchy foods.

4. Oral Hygiene

Do not rinse your mouth or brush your teeth near the extraction site for the first 24 hours. After that, you may gently rinse with warm salt water.

5. Activity

Avoid strenuous activities and heavy lifting for at least 48 hours post-surgery to minimize swelling and bleeding.

If you have any concerns or experience excessive bleeding, severe pain, or any other unusual symptoms, please contact our office.

Best wishes for your recovery!

Sincerely,
[Your Dentist's Name]
[Dental Office Name]
[Contact Information]