

## **Recommendation after teeth extraction**

Keep in your mind the following advice of your dentist.

24 hours after extraction do not smoke

1. On the side of extraction put ice in duration of about 8 – 12 hours
2. If the wound keeps bleeding, bite into sterilized stuff for the period of time about 20 min. (freshly ironed handkerchief)
3. It is common that your saliva is colored with blood. It does mean the wound bleeds.
4. Your body temperature can be sometimes risen little about 37 C.
5. Your mouth does not need water gargling, only once gently after meal.
6. Don't lie, you would rather have a rest in a position with risen head – semi sitting
7. Avoid dairy products.
8. In case of pain use analgetics.

48 hours after extraction

1. Following days (5 - 7) always after your meal water gargle your mouth with lukewarm water, salt - diluted (half a spoonful of salt into glass), or chamomile (herbal – cure and salvia).
2. Prefer your food softer or porridge-like.
3. In case of temperature over 38 C and permanent pain, which does not react to common analgetics, please call on us.

If you have any doubts of further questions, give us a call, respectively call on our surgery again.