

# POST-EXTRACTION CHECKLIST



## FIRST 24 HOURS

- ☐ Bite on gauze for 30–60 minutes
- ☐ Rest and avoid strenuous activity
- ☐ Keep your head elevated while resting
- ☐ Apply an ice pack 15–20 min ON / 15–20 min OFF
- ☐ Expect slight blood-tinged saliva

## AVOID

- ☐ Spitting forcefully
- ☐ Vigorous rinsing
- ☐ Drinking through a straw
- ☐ Smoking or tobacco
- ☐ Alcohol
- ☐ Touching the wound

## FOOD & DRINKS

- ☐ Eat soft, cool or lukewarm foods  
Drink plenty of water
- ☐ Avoid hot food and drinks  
Avoid spicy food
- ☐ Avoid hard or crunchy foods
- ☐ Avoid sticky foods

## ORAL CARE

- ☐ Brush other teeth normally
- ☐ Avoid brushing the extraction site on Day 1
- ☐ Start warm salt-water rinses from Day 2 (3–4 times daily, if advised)
- ☐ Keep the area clean

## MEDICINES

- ☐ Take all prescribed medicines on time
- ☐ Complete the full course, if prescribed
- ☐ Follow your dentist's instructions

## Contact Your Dentist If

- ☐ Bleeding does not stop
- ☐ Swelling increases after 2–3 days
- ☐ Severe pain develops or worsens
- ☐ Fever occurs
- ☐ Pus or bad taste develops
- ☐ Difficulty breathing or swallowing