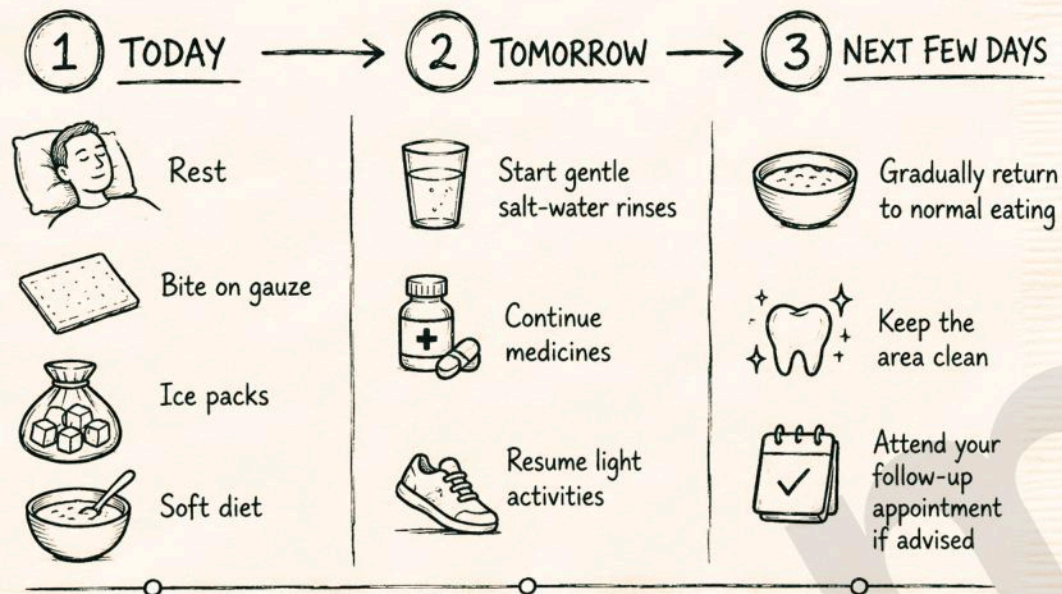


RECOVERY TIMELINE



“HEALING TAKES TIME.”

Get in touch with us

[CLINIC NAME]

Dr. [Doctor's Name] · [Qualification]



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TOOTH EXTRACTION



Most discomfort improves within 2–3 days, while the gum continues to heal over the next few weeks. Attend your follow-up appointment if advised by your dentist.

Post-Operative Instructions

Your extraction is complete. Following these simple instructions will help your mouth heal comfortably and reduce the risk of complications.

FIRST 24 HOURS

Bite firmly on the gauze for 30–60 minutes to help stop bleeding. A small amount of blood-tinged saliva is normal for the first 24 hours.

AVOID

- ✗ *Spitting forcefully*
- ✗ *Rinsing vigorously*
- ✗ *Drinking through a straw*
- ✗ *Smoking or tobacco or Alcohol*
- ✗ *Don't touch the wound.*

Apply Ice-Pack



For 15–20 mins on,
15–20 minutes off

Keep your head elevated



helps reduce swelling,
throbbing and bleeding

Brush Carefully

- Brush the other teeth normally.
- Avoid brushing directly over the extraction site on the first day.
- From the next day, rinse gently with warm salt water 3–4 times daily (unless advised otherwise).

Medicines

Take all prescribed medicines exactly as instructed.

Eat & Drink

Choose Soft Foods

- Yogurt,
- Ice cream
- Khichdi
- Mashed potatoes
- Soup (lukewarm)

AVOID

- ✗ *Hot food and drinks*
- ✗ *Spicy food*
- ✗ *Crunchy snacks*
- ✗ *Nuts & seeds*
- ✗ *Hard foods*
- ✗ *Sticky foods*

Call Us Immediately If

- Bleeding that doesn't stop after applying pressure.
- Increasing swelling after 2–3 days.
- Fever.
- Severe pain not relieved by medicines.
- Pus or bad taste from the socket.

Please Note

This guide is for general awareness.
Always follow your dentist's specific instructions.