

POSTOPERATIVE CARE

Instructions after tooth extraction and possible bone grafting

These measures help protect the extraction site and support healing. Follow your dentist's recommendations, especially if bone grafting or another additional procedure was performed.

During the first 24 hours

- Rest and avoid exercise, heavy lifting and physical exertion during the first 24 hours.
- Do not rinse your mouth, spit forcefully or use straws during the first 24 hours. This helps preserve the blood clot.
- While your mouth is numb, avoid chewing and hot foods or drinks to prevent bites and burns.
- If swelling occurs, apply a cold compress to the outside of your face, wrapped in a cloth, for short periods with breaks. Do not place ice directly on your skin.

Food and drink

Initially, choose soft foods that are cold or at room temperature, such as yogurt, mashed foods and cooled scrambled eggs. During the first few days, avoid very hot, hard or crunchy foods and try not to chew on the operated side. If you had a bone graft, follow your dentist's prescribed diet closely.



FERNANDO RAMOS

PERIODONTICS AND DENTAL AESTHETICS

CRO-DF 7532 | Brasília, Brazil

POSTOPERATIVE CARE / CONTINUED

Oral hygiene and medications

- Brush the teeth in areas that were not operated on carefully. Do not brush the socket, graft or stitches directly until you receive instructions.
- After the first 24 hours, use Periogard to gently rinse your mouth at the prescribed frequency and for the prescribed duration. Do not rinse vigorously.
- Do not touch the blood clot, graft, stitches or dressing with your fingers or tongue.
- Take medications as prescribed. Do not start antibiotics or anti-inflammatory medication on your own.
- Avoid smoking during healing and drinking alcohol, especially while taking medication.

If bleeding occurs

A small amount of blood in your saliva may occur initially. If bleeding occurs, place clean gauze directly over the site and bite down with continuous pressure for 20 minutes, without repeatedly removing it to check. If bleeding does not stop, contact your dentist; heavy bleeding requires immediate care.

When to seek help

Contact your dentist if you develop fever, pus, severe pain that does not improve with medication, or pain and swelling that worsen after starting to improve. Difficulty breathing or swallowing requires emergency care.

Attend your scheduled follow-up appointment to assess healing and remove stitches when necessary.

Follow-up: _____ / _____ / _____

Office contact: +55 (61) 99648-4242