

## Post-extraction instructions Or implants or oral surgery

- 1- Biting on **medical gauze for half an hour to an hour** completely without moving, chewing or changing the gauze, with only wiping the mouth from the outside if needed, and it is preferable that the gauze used be damp with very little water.
- 2- After half an hour, if the bleeding continues to be blood red, re-press the medical gauze for an additional hour, and the gauze should not be changed for a light red color or a taste of blood in the mouth, as it is normal for 24 hours.
- 3- Tea bag can be used to bite on for an hour to help stop the bleeding.
- 4- **No smoking is allowed** whether normal cigarettes or hooka, using a straw is not allowed for 48 hours.
- 5- It is forbidden to eat and drink for 3 hours after the operation.
- 6- **Do not rinse your mouth for 24 hours** for any reason, rinsing the mouth for the first 24 hours increases bleeding! And remember that rinsing the mouth is not a prerequisite for a valid prayer ablution.
- 7- Do not drink or eat hot food for 24 hours.
- 8- It is allowed to have cold drinks or soft food after 3 hours, and it is preferable to chew lightly on the other side.
- 9- Do not tamper with the operation area with your hands or tongue.
- 10- Pain after extraction is something to be expected. It is recommended to take light analgesics on a regular basis, such as a Panadol or ibuprofen, according to medical instructions, if there is no objection. And subsequent days as needed or as directed by the doctor.
- 11- An antibiotic is not necessary in many cases unless the doctor prescribes it to the patient.
- 12- On the day following the operation, she should rinse her mouth with warm water with salt several times a day, or by using a medical mouthwash according to the instructions.
- 13- The occurrence of swelling / swelling in the cheek or blue or yellow marks such as bruising is common and expected after extraction or surgery, it increases within days and peaks on the third day and then gradually disappears, the use of cold compresses or ice on the outside of the cheek intermittently every quarter of an hour on the first day It helps to reduce the possibility of swelling, taking into account not sleeping on the operation side,

and if the swelling continues for more than 3 days, warm compresses are used to speed up the disappearance of the swelling.

**The swelling is common no need for antibiotics.**

If the wound is sutured, the thread is removed after a week, but if the type of thread is soluble, it is left without removal and it does not matter if the patient swallows it.

14- Rest for the first 24 hours.

**When unbearable pain or bleeding occurs that did not respond to the above attempts, go to the clinic or closest Emergency hospital, *With our wishes for a speedy recovery***