

NANDHINI DENTAL CARE

POST-OPERATIVE INSTRUCTIONS



PRESS the folded gauze for 30-45 mins, **AFTER** EXTRACTION.

DO NOT use straws.



Warm water gargles after 48 hours of extraction



Do not spit for 24 hours **POST-EXTRACTION.**



Take soft and semi-solid diet at low or warm temperature.

Mouth opening exercises after 48 hours.



Apply ice on the outside of face, where extraction was done.



TAKE **MEDICATIONS** on the time as prescribed by the **SURGEON.**



Avoid weight lifting, swimming and exercises.

AVOID Smoking Tobacco and Alcohol till next appointment.



In case of any **EMERGENCY**,
Contact your Doctor immediately.