TOOTH EXTRACTION AFTERCARE INSTRUCTIONS

After tooth extraction, it is particularly important to take care of the area in the mouth where the surgical procedure was carried out.

Please follow the recommendations below:
- for at least 14 days after the procedure[1]:
    1. do not smoke tobacco products or nicotine products,
    2. do not drink alcohol, carbonated drinks or hot beverages,
    3. do not blow your nose - after extraction of upper teeth,
    4. do not spit excessively,
- keep a soft diet for the rest of the day (e.g. warm soup, ice cream, smoothies) - after extraction of an impacted wisdom tooth in the jaw bone, it is necessary to keep a soft diet for 6 weeks after surgery,
- cooling compresses can be applied twice an hour with breaks every 15 minutes.

If pain, discomfort or bleeding persists or worsens, it is recommended that the patient contacts the Clinic as soon as possible for a follow-up appointment.

The prescribed medication should be taken as prescribed, and the leaflet that accompanies the medication should be read in advance. Painkillers should always be taken as prescribed.

If you have any problems or questions,
please contact the Clinic immediately (+48 614 111 009)

[1] Any of these actions may result in the dislodge of natural blood clot formed at the site of surgery, causing "dry socket" and the occurrence of unnecessary pain (in such a situation, it is recommended that the patient contacts the Clinic as soon as possible to make an appointment)