



GANGNAM GENTLE
DENTAL CLINIC

Precautions After Tooth extraction



Bite firmly on the gauze for **2 hours** after extraction.



Swallow saliva and blood naturally — **do not spit**, as this may cause more bleeding.



Apply an **ice pack** to the outside of your face for the first **2 days** (20 minutes on, 20 minutes off).



The effects of anesthesia may last **2–3 hours**. Be careful not to bite your **cheeks, lips, or tongue** while they are still numb.



You may take painkillers as directed to help relieve discomfort



For about **1 week after extraction**, avoid: Using straws, Smoking or drinking alcohol, Visiting saunas or spas, Intense exercise or heavy lifting

- **Get plenty of rest** on the day of extraction.
- If surgery was performed, you may have difficulty opening your mouth fully, but this usually improves within **one week**.
- Do **not touch the extraction site** with your tongue or fingers.
- A **small amount of bleeding** for **2–3 days** after extraction is normal.
- If bleeding is **persistent or excessive**, please **contact the clinic**.

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