

Immediate Post-Extraction Period (First 24 Hours):

Bite on Gauze: After the extraction at ICS Dental Studio, our dental professionals will place gauze over the extraction site. Maintain gentle, consistent pressure by biting down on it for 30-45 minutes. Replace the gauze as needed until bleeding stops.

Pain Management: Some discomfort or pain is expected. Take prescribed pain medications or over-the-counter pain relievers as directed by our dental team at ICS Dental Studio. Don't take aspirin, as it can increase bleeding.

Swelling: Swelling is normal and usually peaks 48 hours after extraction. Apply an ice pack (20 minutes on, 20 minutes off) for the first day to reduce swelling.

Diet: Stick to soft, cool foods for the first 24 hours. Avoid hot, spicy, and crunchy foods. Gradually reintroduce solid foods as tolerated.

Avoid Smoking and Alcohol: Refrain from smoking and drinking alcohol for at least 24-48 hours, as they can hinder the healing process and increase the risk of complications.

Oral Hygiene: Be gentle when brushing your teeth, avoiding the extraction site. Rinse your mouth gently with warm salt water (1/2 teaspoon of salt in an 8-ounce glass of water) after 24 hours to help keep the area clean.

Days 2-7 (Intermediate Healing Period):

Pain and Swelling: Pain and swelling should start to decrease. Continue to take pain medications as needed and use ice packs if swelling persists.

Diet: Gradually transition to a regular diet. Avoid hard, crunchy, or sticky foods until the extraction site is fully healed.

Oral Hygiene: Resume gentle brushing and flossing, being careful around the extraction site. Continue using warm salt water rinses after meals.

Activity: Avoid strenuous activities and heavy lifting for a few days to prevent increased blood pressure that can lead to bleeding.

Longer-Term Healing (Beyond One Week):

Follow-up Appointments: Attend any follow-up appointments scheduled by our team at ICS Dental Studio to monitor healing and remove any stitches if necessary.

Complete Healing: The extraction site will gradually heal over the next several weeks. Expect some residual discomfort, but it should continue to improve.

Contact ICS Dental Studio If:

- You experience severe or worsening pain, swelling, or bleeding.
- You develop a fever or notice pus at the extraction site.



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- You have an allergic reaction to medications.
- The extraction site doesn't seem to be healing or becomes more painful after the first few days.
- You have concerns or questions about your recovery.

General Expectations:

- **Bleeding:** Some oozing or minor bleeding is normal for the first 24 hours. If heavy bleeding persists, contact our dental professionals at ICS Dental Studio.
- **Pain:** Pain and discomfort are common but should gradually improve. If they worsen or become severe, consult our team at ICS Dental Studio.
- **Swelling:** Swelling is expected, and it may take a few days to subside.
- **Healing Time:** Full healing typically takes several weeks, during which the extraction site will gradually close, and new tissue will form.
- **Dissolvable Stitches:** If you have dissolvable stitches, they will typically disappear on their own within a week or two.
- **Diet:** Stick to a soft diet initially and avoid foods that can irritate the site.
- **Smoking and Alcohol:** Avoid these for as long as possible, ideally throughout the entire healing process, to minimize complications.

Remember that each person's healing process is unique. If you have any concerns or questions during your recovery, do not hesitate to contact our team at ICS Dental Studio for guidance and reassurance.