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## ***What to do after a Tooth Extraction***

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- Bite on gauze for 20 min -1/2 hour. Change gauze only when needed.
- Keep fingers and tongue away from area.
- Do not rinse your mouth for 48 hours; it's all right to drink cool or warm liquids.
- Avoid smoking for 48-72 hours, using a straw, and sucking or spitting. This may remove the blood clot from the socket.
- After 48 hours, rinse your mouth 3 times daily with warm salt water (1/2 tsp salt to 1 cup of warm water). Continue to rinse for 3-4 days.
- If you have discomfort, take what you would normally take for a headache.
- Soft foods are recommended. Avoid hot foods or liquids.
- Bleeding: it is normal for saliva to be streaked with blood for a day or two. If heavy bleeding occurs, place 2-3 folded gauze in the area and bite firmly for 1 hour without disturbing.
- Swelling and discolouration is expected, usually reaching its' maximum three days after the extraction. It will disappear gradually and is usually no cause for concern. You may apply ice for the first 6-8 hours, alternating 20 minutes on, 20 minutes off.
- If stitches were required, they will dissolve after 3-4 days.

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