

What to do after extraction of molars and teeth (aftercare):

- Do not smoke or drink alcohol for at least one day.
- **Do not rinse for the first 24 hours**
- Avoid food that is too cold, too hot or too hard.
- Avoid heavy work (a lot of bending and lifting).
- Do not take aspirins, all other pain tablets are allowed.
- Normal oral hygiene.
- You can sleep with an extra pillow during some nights.
- A thick cheek, swelling and/or limited mouth opening are normal, this should disappear after a few days.
- Stitches dissolve on their own after 3-4 weeks.
- Do not swallow large amounts of blood.
- If the bleeding has not stopped after an hour, roll up a piece of gauze or a clean handkerchief and place it over the wound for 30 minutes under pressure.
- If these measures are unsuccessful, please contact the practice.