

拔牙后的注意事项



1. 将纱布咬住至少五分钟至半小时才更换，或直到血停为止。
2. 24小时内不建议大力漱口，吐口水 以及使用吸管。
3. 3天内不要抽烟和饮酒。
4. 避免吃热或硬的食物，可饮用或食用冷制食品以利干止血。
5. 避免激烈运动。
6. 麻药一般会在两小时后左右消退，请注意避免咬伤麻痹的嘴唇和舌头。
7. 避免用舌头，手指或任何物品触碰伤口。
8. 必要时请服用止痛药。
9. 如果持续严重出血，请联系我们。若是在办公小时以外请到邻近的医院就诊治疗。

手术拔牙后的额外信息：

1. 肿胀是正常的，在手术后约36 - 48小时可达到肿胀高峰。如有需要，可冰敷缓解。
2. 4-5天后肿胀会开始消退。
3. 将饮食限制为流质和软食。



Post-Operative Instruction: Tooth Extraction



1. Bite on gauze for at least 5 to 30 minutes before changing to a new gauze or until bleeding stops.
2. Do not rinse, spit or use a straw to drink for the first 24 hours.
3. Do not smoke and avoid alcoholic beverages for 3 days.
4. Avoid hot and hard foods. Eating or drinking cold and soft foods can help reduce soreness.
5. Avoid strenuous activity and exercise.
6. Numbness usually lasts for around 2 hours. Be careful not to accidentally bite on your lips or tongue.
7. Keep your tongue and fingers away from the socket.
8. Take painkillers as needed.
9. If excessive bleeding continues, please contact us. If outside of our consultation hours, please go to the nearest hospital for treatment.

Extra Message for Minor Oral Surgery:

1. Swelling can be expected. Swelling peaks 36-48 hours after oral surgery. An ice bag can be used to reduce discomfort.
2. Swelling will start to reduce by day 4-5.
3. Limit your diet to mainly soft foods and cool drinks.

