

POST EXTRACTION INSTRUCTIONS

- Pieces of gauze are provided in case of further bleeding. Bite down FIRMLY on one piece of gauze for 10minutes if bleeding continues. Some oozing is expected over the next 48hrs. Do not be alarmed as the blood mixes with your saliva, so it may seem like a lot. If you run out of gauze, bite on a moist teabag (eg. Lipton tea bag) and this will also help to stop the bleeding.
- Before the numbness wears off, take 2 tablets of Paracetamol (Panadol) and alternate with 2 tablets of Ibuprofen (Nurofen) every 2-3 hours until pain is managed.
- Do not smoke for 48 hrs.
- Do not consume alcohol for 48hrs.
- Do not rinse your mouth out with water or mouthrinse for 24hrs. Rinsing vigorously may wash away the blood clot in the extraction socket and this will inhibit healing. You may drink water but do not swish the water around in your mouth.
- Avoid exercise, heavy lifting or any vigorous activity in the next 24hrs as this may induce further bleeding from the extraction site.
- Continue to brush your other teeth tonight gently.
- After the 24hrs, begin to rinse gently with warm salty water after meals and before bed.
- Eat soft meals (eg. noodles, soup, pasta, fish) for the next couple of days to avoid trauma to the extraction site.
- If pain becomes worse over the next 2-3 days after the extraction, you may have a DRY SOCKET, often due to post-extraction smoking or vigorous rinsing. This is where the extraction site has not healed and the underlying bone is exposed. You will need to return to your dentist to have the wound site dressed and painkillers prescribed, or healing will be extremely slow and painful.

If you are worried or unsure about anything, ring the surgery to speak to a dentist. Ph: 4046 3555