

After extraction care instructions

Please follow instructions to help promote healing and reduce pain and bleeding:

FIRST 24 HOURS –

- Keep biting firmly on gauze for at least 30 minutes after leaving the surgery. If bleeding recurs, bite firmly on spare gauze for at least 30 minutes. If significant bleeding continues contact our clinic or your local hospital.
- Avoid rinsing/spitting for the first 24 hours.
- Avoid strenuous exercise.
- Avoid hot food/drink until the numbness wears off.
- Avoid alcohol and smoking.
- You may have warm or cold drinks and soft foods - avoiding chewing on the area of the wound.
- Pain relief may be taken in the form of Panadol / Nurofen as required. Follow instructions on packet.

AFTER 24 HOURS –

- Commence rinsing after meals with 1 teaspoon of salt dissolved in warm water for 5 days.
- Commence routine oral hygiene after 48 hours.

If you have any questions or concerns, or if pain persists or increases after 2 days, please contact the practice.