

POST EXTRACTION INSTRUCTIONS

A clean and healthy mouth aids healing.

What NOT to do today:

Avoid strenuous exercise today.

Do not rinse today.

Avoid smoking today

Avoid hot fluids today.

Avoid alcohol today.

What TO do today:

Eat soft foods today.

Eat on the other side until you are comfortable.

Avoid sucking at or interfering with the wound.

Do not use toothpaste tonight when you brush your teeth –

- wet the bristles of your toothbrush and clean all your teeth except for the tooth either side of the extraction socket.
- when you have finished brushing you can spit out, and because you haven't used toothpaste, you won't have to rinse.

What to do if you have pain

Take what you would normally take for a headache.

If you need additional pain relief, anti-inflammatories (ibuprofen, brufen, voltaren) taken after food are effective (if you are able to take them).

Take the anti-inflammatories after meals and Paracetamol halfway between meal times.

What to do if you have bleeding

Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze, or clean linen, clamped firmly between the jaws for 30 minutes - repeat if necessary.

From tomorrow

For 3 days, rinse your mouth *gently*, after meals and before retiring, using a salt water mouthwash (dissolve 1/2 teaspoon of salt in a glass of *warm* water) gently bathing the socket.

**If excessive bleeding, undue pain or other symptoms occur please contact us
for advice without delay on 01234 860 575**