

POST EXTRACTION ADVICE

A clean and healthy mouth aids healing.

The following steps will help prevent bleeding and relieve soreness:

- REST:** Rest for a few hours following treatment and avoid strenuous exercise or excessive bending for the rest of the day.
- RINSING:** Do not rinse your mouth for at least 24 hours.
- FOOD:** Avoid HOT fluids, alcohol, and hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- SMOKING:** Smoking should be avoided for 24 hours if possible as it can hinder the body's natural healing process.
- BLEEDING:** Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or CLEAN cotton handkerchief clamped firmly between the jaws for 15 minutes - repeat if necessary.
- PAIN:** You may experience some discomfort after the procedure. It may therefore be necessary to take a pain relief preparation. Discuss this with your dentist or pharmacist. Aspirin based products are best AVOIDED due to their tendency to promote bleeding.

If excessive bleeding, undue pain or swelling occur please contact the surgery for advice.

After 24/48 hours you can rinse your mouth VERY GENTLY so as not to disturb any blood clot that may have formed, otherwise bleeding could start again and the healing process will be lengthened. A salt rinse may be used (one teaspoon of salt in a glass of warm water) three times a day.