

**Pre-Op Instructions for Extractions Under Local  
Anaesthetic**

1. Please tell us before the extraction appointment if your medical history has changed i.e. if you are currently taking blood-thinning medication, diet dependant diabetic or have developed blood clotting problems etc.
2. Make sure you have eaten something light beforehand. Lack of glucose in the blood could make you feel faint.
3. It may be advisable to bring someone with you who can accompany you home.
4. Wear comfortable clothing.
5. If you are responsible for a minor it maybe advisable to make alternative arrangements for their care during your appointment and just for the first hour or so after the extraction.
6. If you are returning to work immediately after the extraction and your job involves heavy lifting or exertion, it may be advisable to transfer to light duties for the rest of the day.
7. The extraction site may be tender after the local anesthetic has worn off. In case you need some form of pain relief please make sure you have some to hand. Aspirin based pain relief should be avoided as it may cause the socket to bleed more.

A post-Op leaflet will be given to you after your extraction.