

## POST OP INSTRUCTIONS FOR EXTRACTION

After an extraction, it's important for a blood clot to form to stop the bleeding and begin the healing process. That's why your dentist will ask you to bite on a gauze pad for 30 to 45 minutes after an extraction. If bleeding or oozing continues after you remove the gauze pad, place the spare gauze pad that we provided on the area and bite firmly for another 30 minutes. Please **DO NOT** use a facial tissue or toilet paper to help with bleeding. You may have to replace the gauze pack several times. After the blood clot forms, it's important to protect it, especially for the next 24 hours.

It's important **NOT** to

- Smoke
- Consume alcoholic beverages
- Suck through a straw
- Rinse your mouth vigorously
- Clean the teeth next to the extraction site
- Do vigorous exercise or heavy lifting for a minimum of 24 hours

These activities could dislodge the clot and slow down healing.

After the extraction, you may feel some pain and have some swelling. You can use an ice pack (20 minutes on, 20 minutes off) to keep the swelling to a minimum. The swelling usually starts to subside after 48 hours.

To control discomfort, take pain medication as recommended by your dentist. Don't take medication on an empty stomach or nausea may result. If antibiotics are prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

It is important to

- Drinks lots of fluids
- Eat only soft, nutritious foods on the day of the extraction.
- Avoid hot and spicy foods.

You can begin eating normally the next day or if not by then, as soon as it's comfortable. 24 hours after your extraction, gently rinse your mouth with warm salt water three times a day for 2 days (put a teaspoon of salt in a cup of warm water, and then gently rinse, swish, and spit). Also, rinse gently after meals. This helps keep food out of the extraction site.

If you are concerned at all please contact us on **5973 5060** or if it is out of hours please contact us on **0485 864 755**