



dental**excellence**

POST-OP INSTRUCTIONS FOR EXTRACTIONS

Please follow these instructions carefully, doing so will greatly help your comfort and promote uneventful healing of the area:

- **Do not disturb the area:** For the next few days, and especially the first 24 hours, it is very important to allow your mouth to form a blood clot. Avoid any swishing, sucking through a straw and smoking as this can disturb the clotting. Be sure to chew on the opposite side of your mouth for 24 hours.
- **Bleeding:** If bleeding continues once you have left the clinic, place another gauze pack over the wound and bite down hard for a further 20 minutes. Small amounts of blood in the saliva can make your saliva appear quite red, this is normal and may be noticed the rest of the day after the procedure.
- **Smoking and Alcohol:** Please wait 48 hours before smoking or consuming alcohol. The suction when inhaling cigarettes can dislodge the clot. Failing to do the above could result in developing a painful dry socket.
- **Pain:** Post-operative pain should not be severe. If you are experiencing pain, take the recommended pain relief or prescribed pain relief given by the dentist to control the pain. If pain persists and does not ease please contact us immediately.
- **Swelling:** Applying an ice pack to your face will reduce swelling. Apply for 15 minutes and then remove for 15 minutes. Continue this for the first hour after the extraction.
- **Numbness:** The local anaesthetic will cause you to be numb for several hours after you leave the clinic. Be careful not to bite, chew or burn your lips, tongue and cheeks during this time.
- **Brushing:** Please continue to clean your teeth as usual (Be gentle around extraction site) as it is very important to keep the mouth clean.
- **Curasept mouthwash or Salt water rinses:** The following day after your procedure and for the next 5 days you may gently rinse your mouth with the recommended mouth rinse Curasept or if not available, use luke-warm salty water (1/2tsp salt in 200ml water) this will help speed up the healing process.
- **Activity:** After leaving the clinic, rest and avoid any strenuous activities for the remainder of the day.
- **Antibiotics:** If your dentist has given you a script for an antibiotic, please take them as directed until they are all gone. *NOTE: Women; some antibiotics can reduce the effectiveness of birth control.

If you have any questions or experience any complications following the extraction e.g. severe bleeding or severe pain, please contact us at Dental Excellence immediately on 8223 4400 (or our Practice Manager on 0424 118 296 for after hours) alternatively you can go to your nearest hospital casualty department.

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