

POST EXTRACTION INSTRUCTIONS

Every care has been taken to ensure that your visit today was as comfortable as possible. The following advice will help ensure you are eased through the process of healing.

ON THE DAY OF TREATMENT

We want to keep the fragile blood clot stable to minimise bleeding, so:

- Rest for a few hours, but you do not need to lie down.
- Strenuous exercise is best avoided.
- Do not vigorously rinse your mouth for at least 24 hours.
- Avoid hot drinks, alcoholic drinks and smoking.
- Avoid hard or chewy foods.

Should the wound start to bleed, apply a small compress. This can be made from the sterile gauze we have provided you with. Place this on a bleeding point and bite firmly for 5 - 10 minutes. If prolonged bleeding occurs contact us.

If it is okay for you to do so, take an anti-inflammatory pain killer such as ibuprofen (e.g., Neurofen, Cuprofen) at your earliest convenience, preferably before the anaesthetic wears off (typically, it lasts about 3 hours). For most people, 400mg is appropriate but make sure you read the instructions on the packet and never exceed the maximum dose.

For those who cannot take Ibuprofen, e.g., asthmatics or those with aspirin allergy, then paracetamol is a good alternative. Read the instructions if you are not sure whether you can take it. Never exceed the maximum dose.

Occasionally, some people experience more significant discomfort. In such situations then it is possible to alternate ibuprofen and paracetamol every two hours. Make sure you are not taking either drug more often than once every four hours. Never exceed the maximum doses in any 24 hour period. This protocol should not need to be followed for more than 3 days, so contact the practice if you are still experiencing problems after this time.

THE FOLLOWING DAYS AFTER TREATMENT

Use a hot salty mouth rinse to bathe the wound. This is made by dissolving a level teaspoon of salt in a mug of boiled water as warm as you can stand in your mouth (not boiling!). This solution should be held in the mouth for 2 - 3 minutes to bathe the wound, and then discarded. This should be carried out after each meal until healing is complete, but there is no upper limit - you can do this as often as you want. Avoid over-vigorous rinsing.