

POST EXTRACTION INSTRUCTIONS

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

The following steps will help prevent bleeding and relieve soreness

On the day of the treatment

- Rest for a few hours but you do not have to lie down.
- Strenuous exercise is best avoided for a few hours.
- Do not rinse the mouth for at least 12 hours.
- Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and minced soft foods.
- Should the wound start to bleed, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place this on the bleeding point and bite firmly on it for 5-10 minutes, longer if necessary.
- Any pain or soreness can be relieved by taking pain killers.
- If prolonged bleeding or pain occurs, contact your dentist.

On the day after the treatment

- It may be beneficial to use an antiseptic rinse recommended by your dentist or a warm saline mouth rinse to bathe the wound. This may be carried out after each meal until healing is complete. A saline rinse is made by dissolving a level teaspoon of salt in a glass of warm water. The solution should be held in the mouth for two to three minutes to bathe the wound and then discard. Avoid over vigorous rinsing.

***If in doubt consult your dentist**