

# POST EXTRACTION INSTRUCTIONS

*Do not smoke*

## **Today**

Take regular pain relief, Paracetamol or as advised by your dentist. Start this as soon as you get home and continue for the next 3-4 days.

Bite on gauze provided for 10 minutes if bleeding occurs. If you run out of gauze, use a small piece of cotton cloth (not cotton wool or tissue paper). Contact us if bleeding continues.

Eat soft food and avoid brushing on the side of the extraction as it will likely be sore and cause more bleeding.

Do not rinse your mouth today.

If you have been prescribed anti-biotics, please take them as directed.

## **Tomorrow**

Start mouthwashes with warm salt water (1/4 teaspoon in half glass warm water) after each meal. Continue for 2 weeks.

Continue with your pain relief.

Begin gently brushing your teeth as normal.

## **Pain, bruising, swelling**

Pain can be expected for at least the first week. If you notice any marked increase in pain, please contact the surgery for advice or a review – this will be at no cost to you.

Bruising can occur and will likely get worse over the first few days before slowly subsiding over the next week or so.

Swelling, if present, will start early and be at its worst after three days. This will subside over the next week or so. If there is a noticeable increase in swelling over the week and/or you develop a temperature, please contact the surgery for advice or a review – this will be at no cost to you.