

Extraction After Care

Immediate After Care

Keep biting on the gauze pad for at least 20 minutes. After this, remove the gauze pad, wrap and discard in the waste.

If bleeding persists take a fresh gauze pad and bite firmly on it for another 15 minutes. If your lip is numb, be careful not to bite it.

It is important that the blood clot in the extraction socket is protected and not disturbed.

- Do not rinse for at least 12 hours.
- After 12 hours gently rinse with warm salt water (1 tsp of salt in a glass of warm water). If necessary repeat every 4 hours.
- Be careful to avoid hot foods and drinks until the local anaesthetic has worn off. You may then resume a normal diet, preferably of soft nutritious foods e.g. yoghurt, scrambled eggs, milk.
- Do not smoke, drink alcohol or undertake strenuous physical activity for the first 24 hours.
- Do not take aspirin.
- For the first night sleep on a raised pillow to keep your head slightly elevated.

Pain

For pain take an analgesic such as paracetamol. Do not use Aspirin products as they may cause bleeding. Please contact reception if excessive bleeding persists or if there is a fever or severe swelling.

Bleeding

If bleeding persists take a fresh gauze pad and bite firmly on it for another 15 minutes.