



CLIENT CARE INFORMATION SHEET

INSTRUCTIONS FOR CARE FOLLOWING EXTRACTIONS

BLEEDING

Bite firmly on the gauze swab for 20 minutes. If bleeding continues, place fresh swab over the surgical site and bite on it for another 20 minutes, avoid excessive exercise and rest quietly. Repeat again if bleeding continues. It is normal for there to be some slight bleeding for up to 12 hours following surgery.

PAIN RELIEF

The anaesthetic will wear off after approximately 2 – 3 hours.

- When you first begin to feel some discomfort, take a pain reliever such as Ibuprofen (e.g. Nurofen) or Paracetamol (e.g. Panadol). If the discomfort is more severe, take a double dose.
- Further pain relief may be required for 1 – 2 days.

AVOID sucking or interfering with the socket wound. Normal food and drink should be taken, but kept away from the socket as much as possible. Also avoid smoking and alcohol for 24 – 48 hours.

MOUTH RINSES

On the day following the extraction, begin to bathe the socket gently with warm salt water – **½ teaspoon of salt dissolved in a cup of warm water**. Hold the mouth rinse gently over the socket for 30 seconds to let the heat soak in. Repeat several times. The mouth rinsing should be done 4 – 6 times a day for up to five days following the extraction.

- It is important to rinse after meals and at bed time particularly.
- Regular tooth brushing (as best you can without causing discomfort) will also help keep the mouth clean.

CONCERNS

If there is prolonged bleeding, excessive discomfort or you have any other concerns, please do not hesitate to immediately contact our office or phone your dentist at their home.

Infected (Dry) Socket

If you experience delayed healing (discomfort or unpleasant taste) worsening after 2-3 days, please contact our office to arrange a time to be seen.