



WHAT TO DO AFTER AN EXTRACTION

Following the steps below will help prevent bleeding and relieve soreness:

- Your mouth will be numb until the anaesthetic wears off. Be careful not to bite your lips cheeks or tongue.
- Don't put your tongue or fingers into the socket or play with the stitches.
- Keep **moderate** pressure on the gauze pack for approximately 30 minutes then gently remove and discard. If the bleeding has not stopped, fold a piece of clean gauze or cloth and bite on it for a further 30 minutes.
- Strenuous exercise is best avoided for the rest of the day.
- Do not rinse the mouth vigorously for at least 24 hours.
- **Avoid** hot fluids and hard, chewy or spicy foods. Choose cool fluids and relatively soft foods.
- **No** smoking or alcohol for 24 hours.
- Pain or soreness can be relieved by taking pain relief such as paracetamol or ibuprofen, available from your local chemist. For severe pain 1 tablet of ibuprofen (200mg) may be taken together with 1 tablet of paracetamol (500mg) every 4-6 hours. Please avoid aspirin which may increase bleeding.
- From the following day, for approximately 5 days, it is beneficial to use a warm saline mouth rinse to bathe the wound. After each meal dissolve a level teaspoon of salt in a glass (125ml) of warm water and gently rinse the mouth.
- **If you have prolonged bleeding, pain or any other post-operative concerns please contact us as soon as possible.**

If you are not already a regular attendee the dentist is likely to have advised that you have a full check-up in approximately 1 month when your mouth has healed. Many extractions and other dental procedures are avoidable with regular attention to your oral health and we strongly encourage you to make an appointment. Please feel free to contact us if you have further questions.

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