

Extraction Post Op

Below are steps that you can follow to help reduce pain, bleeding and promote healing

- * Keep the gauze swab (where used) in place with pressure for approximately half an hour after leaving the surgery. Re-pack extraction area with sterile gauze provided and bite firmly for a further half hour. Repeat as required.
- * DO NOT rinse your mouth for at least 4 hours and after that only EXTREMELY GENTLY with luke warm water with added salt, or mouthwash.
- * Avoid strenuous exercise and if pain is intense, rest with the head raised.
- * Where advised or if pain is present, take an effective/appropriate pain relief tablets immediately after the treatment, then every 4-6 hours as necessary to a maximum of 8 tablets in one day.
- * Avoid HOT food/liquids, alcohol and smoking. When numbness has gone eat soft foods, nothing very hot, and chew away from the wound.
- * If bleeding recurs, apply pressure with cotton gauze for approximately half an hour - where significant bleeding continues contact your dentist.
- * The next day and until the wound heals, gently rinse your mouth with luke warm water with added salt, or mouthwash. (2-3 teaspoons of salt dissolved in a glass of warm water). Rinse mouth frequently with warm salty water (every 2-3 hours if possible for a duration of 1-2 weeks).
- * Avoid smoking, alcohol and hot fluids and chew away from the wound.
- * Contact your dentist if you have any concerns on;

(ph) 07 3844 8606 (mobile) 0418 190 554