

Post Operative Instructions

What to do

After an extraction is important not to disturb the blood clot so:

- DO NOT EAT OR DRINK WITHIN THE FIRST HOUR
- DO NOT RINSE VIGOROUSLY THE FIRST DAY
- DO NOT TAKE ASPIRIN OR DISPRIN AS THIS CAN CAUSE EXCESSIVE BLEEDING
- DO NOT SMOKE FOR THE FIRST 24 HOURS

The day after the extraction

The mouth may be gently rinsed with salt water (1 teaspoon of salt in a glass of lukewarm water) or a mouth wash:

- Savacol or Difflam C (2% Chlorhexidine Gluconate)

If you have any problems, contact Dentistry Illawarra on **02 4228 9205** or email dentistry.illawarra@gmail.com

Avoid Swelling

Place a cold pack on the cheek for 10 minutes, resting 5 minutes and repeat for the first 5 hours to avoid swelling.

Insert a damp gauze pack and bite firmly for 30 minutes or until bleeding has stopped. Rest with your head higher than your heart, if necessary sleep with double pillow. If the bleeding persists call us or contact medical assistance.

If bleed commences

Eat after one hour but avoid hot substances, hard (i.e. apples), sharp (i.e. potato chips) and alcohol. Grainy foods (i.e. rice) may be very difficult to remove from the socket.

Be careful not to bite the numb lip, tongue or cheek. Parents should watch their children.

Stitches

If stitches are present, avoid disturbing them with the toothbrush during the first days. The use of a mouthwash can assist in maintaining the area clean.

Take the medication as recommended by your Dentist.