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## **Before Extractions Instructions**

To ensure a smooth process during your tooth extraction and recovery process please read the following pre-operative care instructions.

1. Ensure you eat before your appointment. It is important not to skip your meals as you may become light headed and also may find it difficult to eat after the surgery.
2. If you have felt light headed with any previous dental appointments please let us know.
3. Bringing someone with you to drive and look after you after the appointment may be a good idea if you are feeling nervous or anxious about the procedure.
4. If you are feeling nervous or anxious, please let our dentist know. There will be some different options that we can look at which can help with this.
5. Purchase some pain relief such as Paracetamol / Ibuprofen to have on hand when you return home. Stronger pain medications may be prescribed by your dentist.
6. Ensure you have ice packs at home to place on the site for the following 24hrs.
7. Stock your fridge and pantry with some soft foods such as soups, yogurts which will be easy to swallow following your surgery.

**Don't hesitate to contact one of our friendly staff at My Dentist at Cannon Hill on 39021023 should you have any further questions or concerns.**

