



[p] 07 3902 1023  
info@mdch.com.au

## Post Extraction Instructions

Following extraction it is very important to follow these instructions in order to give your wound the best chance of healing without complications. Please read through this information sheet carefully and if you have any questions, do not hesitate to contact us on (07) 3902 1023. If we are closed and it is an emergency, please contact your nearest hospital.

1. Bite down on the gauze for **30 mins**. This allows the formation of a blood clot which stops the bleeding. After 30 mins remove the gauze and inspect the wound. If it is still bleeding, fold and bite on the gauze provided in this pack.
2. Do not rinse your mouth or spit for the first **24 hours** as the blood clot may be dislodged. Drinking and swallowing is fine.
3. Do not exercise or do any strenuous activity for 1 week.
4. Rest and take it easy (here's your excuse!).
5. No alcohol for 1 week.
6. No smoking for 1 week.
7. Eat soft food and chew on the other side. Drink plenty of water.
8. After 24 hours, gently rinse with warm salty water. Gently let the water dribble out. Do not spit out too hard. Do this 3 times/day for 1 week.
9. Continue brushing twice a day but do this carefully and thoroughly. A clean mouth will heal faster.
10. If sutures (stitches) were used, a return appointment may be needed to remove the sutures.

## Pain Relief

Take Paracetamol and / or Ibuprofen immediately after extraction. Take regularly every 4-6 hours as required. You can take Paracetamol and Ibuprofen together to help provide more relief (this will be directed by your dentist). Do not take Aspirin as this will affect the blood clotting. If taking any medication that contains Codeine, do not drive, or operate any machinery. Your dentist may prescribe you something stronger if needed.

## What to expect

It is normal for pain to last a few days and weeks. What we want to see is that the pain is improving and reduce day by day. If you find it is getting worse day by day, please let us know.

Apart for the wound being sore you may also experience some pain and tightness around the jaws and bruising around the injection sites. There may also be some swelling. The adjacent teeth may also be a little tender and sensitive for the next few weeks. The wound will take time to close over, and you may see it turning white. This is all normal.

## Last Note

Take care and call us on 39021023 if you have any questions or concerns.

