

Instructions Following Extraction

- Bite firmly down on the gauze provided for at least 15 minutes.
- Do not suck, spit, rinse your mouth or put your fingers in your mouth for at least 12 hours
- Avoid hot drinks and hard foods for 24 hours
- Avoid alcohol and smoking
- Avoid vigorous activity for at least 24 hours
- Avoid taking aspirin unless normally prescribed by your doctor.
- If you are in a lot of pain, take some non-asprin based pain medication. If pain persists after three days and you notice a foul taste or odour, return for irrigation and sedative dressing to the wound.
- If there are sutures please return in one week for their removal.
- For the first few days after your extraction, try to eat foods that are easy to chew like pasta, mashed potato, custard or soup.
- Eat on the other side of your mouth to avoid the sore part of your mouth.
- Gently rinse your mouth with salty water about 24 hours after your treatment and after your meals for around a week.