

Post Operative Instructions

Following your treatment today, we advise that you:

- Ensure you are not involved in any strenuous exercise for the rest of the day
- Do not have anything excessively hot or cold to eat or drink for the next two hours. You may eat and drink as normal but avoid extremes of temperature or chewing on the side where you have had the tooth removed
- Do not smoke for the next four days
- Do not drink alcohol for the next 24 hours
- Make sure you have painkillers on hand for the next 24 hours i.e. Paracetamol or Ibuprofen. If possible, take some painkillers within the first hour of extraction; these will then take effect as the anaesthetic is wearing off. Pain control is particularly important during the first 8 hours following extraction. Do not take aspirin as this will encourage bleeding
- If bleeding starts again, apply pressure over the socket site by biting on a rolled up handkerchief. You may need to apply pressure for 15 minutes before bleeding stops. In the event of bleeding, remember that blood will mix with saliva so the volume will appear greater. Should bleeding re-start after removing the handkerchief, repeat the procedure again using a moistened handkerchief. If this continues for more than two hours please contact the practice
- You may experience some degree of swelling and/or bruising following extraction
- It is important to take care of the socket for the next few days. After 24 hours you should rinse around the socket gently with warm salty water. This should be done every 3 hours for at least four days after extraction
- Brush your teeth as normal starting from the day after extraction
- You may feel a sharp edge around the socket with your tongue and sometimes small pieces of bone may work their way to the surface - this is perfectly normal
- If you have any concerns please do not hesitate to contact the Practice for further advice.

Extra precautions to take if your dentist has advised you that your tooth is close to the sinus. These precautions are for a period of one week post extraction.

- Please do not drink through a straw
- Please do not blow your nose
- If you are going to sneeze, do so with your mouth open
- Do not blow up any balloons
- Do not play a wind instrument