



Post – Op Instructions After tooth extraction

It's important for a blood clot to form after an extraction to stop the bleeding and begin the healing process. After the blood clot forms, it's important to protect it especially for the next 24 hours.

The dentist will have given you a gauze pad to bite on for around 30 minutes. If bleeding continues after you remove the gauze, place another gauze pad on the area and bite firmly for another 30 minutes.

Instructions for the first 24 hours after having the extraction:

- Avoid hot drinks while anaesthetised
- No smoking or alcohol
- No vigorous rinsing
- Avoid cleaning around the extraction site with your toothbrush
- Eat soft foods

You must follow these instructions to avoid loss of blood clot and possible dry socket.

After the extraction, you may feel some pain and have some swelling. You can use an ice pack (20 minutes on, 20 minutes off) to keep this to a minimum.

After 24 hours, you should rinse your mouth with warm salt-water three times a day (put a teaspoon of salt in a cup of warm water, and then gently rinse). Also rinse gently after meals.

Call us right away if you have any bleeding, severe pain, continued swelling after 2 or 3 days, or reaction to any prescribed medication.