

Post Extractions Advice

- 1.** Avoid hot drinks and eating until the anaesthetic has worn off.
- 2.** Do not smoke any cigarettes or drink any alcohol for at least six hours.
- 3.** If you have any pain after the extraction, take your usual painkiller but do not take any painkillers containing aspirin.
- 4.** If you start bleeding again, take one of the bite packs, moisten with tap water, sit quietly and bite on the pack provided using continuous pressure for about 30 minutes. If heavy bleeding continues contact the surgery immediately.
- 5.** After 24 hours bathe the extraction area with a warm salt water mouthrinse (i.e. 1 teaspoon of salt in a tumbler full of warm water)

If excessive bleeding, undue pain or other symptoms occur contact us for advice without delay.