

# **Browns Plains Dental Centre**

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## **WHAT TO DO AFTER AN EXTRACTION**

1. Keep biting on the gauze swab that was put in your mouth at the time of your extraction for 30 minutes, continue to use gauze if bleeding
2. Do not have anything to eat or drink for 2 hours
3. **Do not rinse your mouth for 24 hours**, once the 24 hours is up you can gently rinse your mouth with warm salty water
4. Do not have anything too hot or too cold, because doing so could make it ache or bleed unnecessarily
5. Panadol or Neurofen should be all that is needed for pain relief, if you find this insufficient contact the surgery
6. **DO NOT USE ANY MEDICATION CONTAINING ASPRIN** as this will increase the bleeding time
7. No smoking until tomorrow
8. If there is a black fibrous material that has been put into the socket, your body will use this material to form a blood clot, it will give you a medical taste for a couple of days, what your body doesn't use to form a blood clot will rinse out in a couple of days, the rest will stay up in the socket and aid the healing process
9. If you find you are having trouble with bleeding use one of the gauze swaps provided, roll it up, wet it in cold tap water, and bite on it, the same as you were when you left the surgery.
10. If you have any question please feel free to contact the surgery