



Post-Operative Advice (following a dental extraction)

For 24 hours after an extraction:

- DO NOT rinse your mouth out or use mouthwash
- DO NOT smoke or drink alcohol
- DO NOT exercise and
- DO NOT have hot drinks

You may have cold drinks (through a straw) over to the other side of your mouth. Swallow immediately. No rinsing!

The numbness will start to wear off after about 2 hours. You may have some pain/swelling after this. This may be relieved with normal painkillers (whatever you would normally take for a headache - please note aspirin should not be taken as it may inhibit the clot to form and result in a bleeding socket). Follow instructions on the packet.

You may brush your teeth that night but be gentle.

If the bleeding starts again, roll up a clean handkerchief and bite firmly on it to put pressure on the wound. The bleeding should stop within 20 minutes.

The next day, start using a hot salt water mouthwash, 3 or 4 times a day for the next few days (usually after mealtimes).

In case of emergencies, contact the surgery.

