



Useful Advice following Extraction

A clean and healthy mouth aids healing. Avoid smoking as this delays healing.

The following steps will help prevent bleeding and relieve soreness:

- Rest:** Rest for a few hours following treatment and avoid strenuous exercise.
- Swelling:** Some swelling is not unusual but it will reduce after 2-3 days. It may be reduced by ice or cold compresses held over the area.
- Rinsing:** Do not rinse for at least 24 hours. For the following 2 days rinse your mouth *gently* after meals and before retiring using a mouthwash made by dissolving 2 teaspoon of salt in a mug of *boiled* water. Allow to cool enough so as not to burn your mouth. Hold this in your mouth for 1 minute, discard and repeat 2-3 times.
- Food:** Avoid *hot* fluids, alcohol, hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- Bleeding:** Slight bleeding or 'oozing' may occur during the first 24 hours. Should bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen clamped firmly between the jaws for 15 minutes - repeat if necessary.
- Pain:** Painkillers as necessary.
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If excessive bleeding, undue pain or other symptoms occur contact your Dental Surgeon for advice without delay.