



Instructions and Suggestions following EXTRACTIONS

Some pain and swelling should be expected. You can reduce discomfort and help healing by adopting the following measures:

1. **Rest for the first 24 hours** but do not lie flat, prop yourself up with pillows or in a chair with your feet elevated.
2. If there is excessive bleeding, take the gauze pad supplied, place over the bleeding area and apply firm pressure for at least 20 minutes.
3. Take pain killers as required. Tablets, which can be purchased without a prescription such as **Aspirin**, **Panadeine** or **Nurofen**, should be sufficient.
4. **Do not drink alcohol in the first 24 hours**, as it will encourage bleeding.
5. **Do not smoke for at least 48 hours** following the extraction. Smoking delays healing and increases the risk of a 'dry socket'. This is a localised infection of the socket that can be very painful.
6. **Wait until the anaesthetic has worn off before eating or drinking as it is easy to traumatise the lip without realising.**
7. **Avoid hot food or drinks for the first 24 hours**, sucking ice cubes or sipping iced water are good if you feel thirsty. If you feel nauseous, stop all food and drink and only sip flat lemonade until the feeling passes. Gradually resume eating with a bland diet (e.g. rice, SAO biscuits). If the nausea continues control it with **Phenergan Syrup**, which is also a mild sedative. It can be purchased from a pharmacy without a prescription.
8. **Avoid heavy exercise for the first 24 hours** as a rise in blood pressure will increase or prolong bleeding.
9. **Salt water should commence the day following surgery.** Make up using one teaspoon of salt in half a litre of warm water. Rinse the mouth vigorously forcing the water between the gums, teeth and around the operation site several times. Continue for one week as often as possible. Cleaning the mouth is most important to minimise the possibility on infection.
10. After eating and before bed, clean the teeth and gums with a small toothbrush and toothpaste. This may cause some discomfort but a clean mouth prevents bad breath and infection.
11. If any problems arise from the surgery or medications please contact us at the practice on 02 9262 9318.