EXTRACTION OF TEETH
POST-OPERATIVE INSTRUCTIONS

Your first aim is to protect the blood clot in the socket and thus prevent further bleeding

For the first 24 hours:

1. Avoid hot drinks/meals.
2. Avoid alcohol/smoking.
3. Avoid exercise.
4. Avoid mouth rinsing. (The next day you can rinse the mouth using warm salty water or Savacol mouthwash).
5. **Before** the local anaesthetic wears off, (approximately one hour after surgery) take two tablets of Paracetamol, e.g. Panadol, Panadeine. **DO NOT USE ASPIRIN OR DISPRIN** as they could cause bleeding.
6. If there is bleeding from the socket, sit down and fold the gauze, slightly dampened in cold tap water, and put it on the socket and bite firmly for 15-20 minutes.
7. Avoid touching the socket with your tongue or sucking from the socket.
8. Delay any food until the local anaesthetic wears off. After that, eat normally.
9. If you experience increased pain in the socket a few days following the extraction, please make a 15 minute appointment with your dentist. In the meantime, rinse the mouth with salty water (half a teaspoon of salt in a glass of warm water) for one minute, four times a day. You can also take two tablets of Paracetamol every four hours.
10. In case of complications occurring outside our business hours, treatment is available at the Royal Dental Hospital, 711 Elizabeth Street, Melbourne. They are open every day from 9.00am till 9.15pm, including weekends and public holidays.