



After an Extraction Care Information

IF DR WILKINSON HAS LEFT A GAUZE PAD OVER THE SOCKET KEEP BITING ON IT FOR AT LEAST 15 MINUTES.

it is especially important that the blood clot in the extraction socket be protected and not disturbed during the first 24 hours or so.

On the day of the extraction DO NOT:

- rinse too soon
- smoke
- drink alcohol
- drink hot liquids
- do any strenuous physical activity

If bleeding persists take a fresh gauze pad and bite firmly for another 15 minutes.

If your lip is numb be careful not to bite it.

Do not rinse for at least 12 hours. However you may brush your teeth as normal taking care around extraction site.

After 12 hours gently rinse with hot salt water (1 teaspoon of salt in a glass of hot water). Repeat 4 times a day for 1 week.

Maintain a diet of soft food for a week to allow the socket to heal.

For pain, take an analgesic such Panadol. It is normal to experience discomfort for a few days after an extraction, if pain is worsening, contact your dentist.

Contact us on (07) 5455 4511 if excessive bleeding persists or if you have fever, swelling or numbness.