

## CARING FOR YOUR MOUTH AFTER EXTRACTIONS

### **KEEP BITING ON THE GAUZE**

with pressure for about 30minutes in order to stop bleeding

### **IF BLEEDING CONTINUES USE NEW GAUZE**

that has been dampened slightly. Continue pressure until bleeding stops

### **DON'T RINSE YOUR MOUTH TODAY**

as this may cause excessive bleeding and problems with healing.

You may gently rinse the wound with lukewarm salty water from tomorrow onwards

### **DON'T SMOKE FOR 24 HOURS**

(preferably for a few days) as smoking will cause problems with healing

### **AVOID STRENUOUS EXERCISE**

as this can exacerbate bleeding and pain

### **TAKE IBUPROFEN**

(unless allergic) or other painkillers within the first few hours and then regularly as needed over the next few weeks to help with discomfort

### **EAT FOOD ON THE OTHER SIDE**

for today and next few days, and then as needed depending on discomfort. Choose lukewarm liquids and soft foods. Avoid alcohol and hot food/liquids

### **AVOID BRUSHING THE WOUND**

but continue to brush the rest of your teeth. If food sticks in the wound then gently rinse it out. Avoid poking or disturbing the wound during healing

### **USE COLD PACKS**

in the first 24 hours to reduce swelling

### **EXPECT SOME DISCOMFORT**

such as tenderness in the area and minor swelling for the next week or so

### **CALL OUR CLINIC AS NEEDED**

if there is continued excessive pain or any concerns about your healing. We will endeavour to see you as quickly as possible.