

## Post Operative Extraction Instructions

### **Do not disturb the area:**

For the next days and especially the first 24 hours, it is very important to not play with the extraction socket or touch it with your tongue . Allowing your body to form a good stable clot helps to jump start the natural healing process.

### **Bleeding:**

When you leave the office, you might be biting on a slightly dampened gauze pad to control bleeding. There might also be a band aid and or sutures placed over the socket. Keep slight pressure on this gauze for at least 30 minutes. Do not change it during this time; it needs to remain undisturbed while a clot forms in the extraction socket. After 30 minutes, you may remove it. If the area continues to bleed you may need to repeat this process. The band aid normally falls out after 3-4 hours and the sutures will be present for upto 1 week. playing with the sutures might undo them .

### **Smoking:**

Smoking should be stopped following surgery. Healing and risk of complications of the surgery will be substantially increased by the cigarette smoke chemicals in your body. Smokers are at greater risk of developing a painful Dry Sockets.

### **Pain:**

Some discomfort is normal after surgery. To minimise pain, take Maxigesic or alternate between Paracetamol and Ibuprofen as instructed. Do not take the above if you are not allowed to take Ibuprofen. Please speak to your dentist about alternative pain medications. Do not take Aspirin as this may lead to further bleeding. If prescription pain medications are prescribed, take them as instructed on the label.

### **Rinsing:**

Avoid all rinsing or swishing for 24 hours after extraction. Rinsing can disturb the formation of a clot which is essential to proper healing. This could cause bleeding and risk of dry socket. After 24 hours, you may begin gentle rinsing with a saltwater solution twice daily (1/2 teaspoon salt + 1 cup warm water), continue gentle rinsing for 3-5 days, at least after meals. you can also rinse with Curasept mouth wash twice daily . If you feel any signs of allergic reactions to Curasept please stop instantly and call emergency .

### **Diet:**

Have something soft to eat ( food that can be squeezed between your finger tips ) and avoid eating on the extraction site for 48 hrs Avoid alcohol for 48 hours and as well as hot or spicy foods. Maintain a soft diet for 1 week post extraction.

**Activity:**

After leaving the office, rest and avoid strenuous activities for the remainder of the day. Keeping blood pressure lower will reduce bleeding and aid healing.

**Antibiotics:**

If you are given an antibiotic prescription, please take all of them as directed. Do not stop antibiotics until the course is complete. Please stop your medications and call emergency if you have any allergic reaction. Please also advise your dentist for future precaution.

**Dry socket:**

If you start to feel a sharp pain in the area after 48 hrs this indicates you are developing a dry socket.

If this occurs please call us to make a time for a dentist to place a dressing in the socket.

**Please call the practice, if you have any problems or queries at all.**

Following these instructions closely will greatly help your comfort and promote uneventful healing of the area.