



## Post Extraction Instructions

- ⌚ Avoid rinsing the mouth for 24 hours following your extraction. Once 24 hours has passed a warm salt water mouthwash is advised 2 x daily. (1 teaspoon of salt in a cup of warm water).
  - ⌚ Avoid strenuous activity for the rest of the day
  - ⌚ Try to avoid the extraction site by not chewing food in that region and brush gently when cleaning.
  - ⌚ Avoid smoking and consuming alcohol completely for at least 24 hours following your extraction.
  - ⌚ When drinking hot drinks, allow to cool to prevent scalding.
  - ⌚ Care should be taken whilst still numb to prevent biting your lip/tongue.
  - ⌚ Some soreness is expected, although this should gradually improve over the first few days. Ibuprofen or Paracetamol should help with the discomfort.
  - ⌚ If pain from the extraction site does not ease within a few days or seems to worsen, seek out advice, the extraction site may need to be assessed.
  - ⌚ In the event the extraction site begins to bleed once you have returned home, bite down on a gauze pack or a rolled handkerchief for 20 minutes while resting.
- If bleeding persists please contact Inspired Dental Care on 01392 272385.