

## **HOME CARE INSTRUCTIONS AFTER DENTAL EXTRACTIONS**

- Bite firmly on the pack for an additional 30 min after leaving the surgery, then dispose of the gauze.
- If bleeding persists, use the gauze provided and bite firmly on this for another 30 min
- Do not rinse the mouth during the first 24 hours after the extraction. Do not disturb the blood clot by sucking, spitting or putting fingers in the mouth.
- Do not eat until the anaesthetic has worn off as you may damage your lips, tongue or cheek by biting, and avoid hot foods for the rest of the day. Be careful of small grained (rice, grains) food being embedded in the socket.
- 24 hours after the extraction, rinse the area with warm salt rinse (1/2 teaspoon of salt in warm water). After mealtimes, you may need to syringe the salt rinse into the socket with the rubber syringe provided.
- Ensure that you brush gently around the socket.
- If sutures have been placed do not touch. You shall be advised if they will dissolve or need to be removed.
- If you experience pain the following analgesics are best: Neurofen (provided you can have aspirin derivatives), Panadol/Panadeine or for severe pain Panadeine Forte (prescription).
- If you have been prescribed antibiotics you must take the full course.
- If you experience excessive bleeding, temperature, swelling or discomfort, please contact the surgery on (03) 9646 1599

Suite 6A/105 Beach St

Warmest Regards,  
Dr. Fern T White