

## POST EXTRACTION

### POST EXTRACTION ADVICE

In case of an emergency, please call Claire Murphy 083 154 3501

1. If stitches are placed, it is important to limit the use of the facial muscles (eating, speaking and laughing for 24 hours). A pack may be placed over the wound, if it becomes loose after 24 hours and there is no discomfort, there is no need for any anxiety.
2. In order to reduce swelling you will need to ice pack immediately after the extraction.
3. Do not exert yourself for the rest of the day.
4. Do not rinse out today, from tomorrow rinse with warm salty mouth washes (3 teaspoons of salt in a glass of warm water) after every meal, early morning and late evening.
5. Do not brush or floss for 24 hours. After that brush surgery area lightly and carefully, resume normal brushing and flossing in other areas.
6. There may be some post-operative discomfort and if required an analgesic will help i.e. Nurofen and Panadol.
7. If antibiotics are prescribed take as directed. Always complete the course as prescribed.
8. There is usually only a minimal amount of bleeding. We will give you some sterile packs to take home. If you notice any bleeding, moisten the packs with previously boiled water and place over the area. Apply constant pressure for one hour. If wound continues to bleed, please contact the clinic.

### DIET ADVICE:

- Take a soft nutritious diet – avoid hard or brittle foods which might disturb the extraction site e.g. Seeds, nuts etc.
- Do not eat for approximately 2 hours until sensation is back in the surgery area.
- Do not drink alcohol for 48hrs or very hot beverages for 24 hours.
- **Discontinue smoking for as long as possible.** Smoking delays the healing of the surgical site and may compromise the long term prognosis.

It is essential to maintain good oral hygiene during the tissue healing phase.