

## **CARE AFTER EXTRACTION**

- Keep the gauze pack in place with pressure for about half an hour.
- To avoid more bleeding and the blood clot to dislodge, DO NOT rinse your mouth rigorously or spit and AVOID strenuous exercise for the day.
- If bleeding recurs, place a spare gauze pack on the socket and bite hard for about half an hour. If bleeding is still not controlled, please contact our surgery or your local hospital if you cannot reach us.
- Local anaesthetics will wear off in 2-4 hours depending on the type. It is best not to eat while your mouth is still numb. When numbness has gone, choose lukewarm or cold liquids and soft foods and chew away from wound. AVOID hot, spicy foods/liquids, alcohol and smoking for a minimum of 24 hours as they may irritate the wound and affect healing.
- You will experience pain after the local anaesthetic wears off and you may take some painkillers half an hour before the numbness wears off. There are a number of analgesic preparations available and they are generally very effective and safe to use. The common ones are Panadol (Paracetamol) and Nurofen (Ibuprofen). Please make sure that you are not allergic to the medication and follow the instructions on the packet.
- To help the wound to heal, gently rinse your mouth for 2 minutes with a glass of lukewarm water mixed with 1/2 tsp of salt 3 times a day until the wound heals.

**Please do not hesitate to contact us if you have any concerns**



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*"Our best reward is our patients' great smiles!"*