

Post Extraction Care

Bite on the gauze pack for ½ hour, as this pressure should stop the bleeding after extraction. If oozing continues, roll up 1-2 pieces of the sterile gauze provided, and bite firmly on the pack for another ½ hour. Repeat if oozing continues after this.

Do not spit for the first 12 hours, as the suction action of spitting can dislodge the forming blood clot, which is important for healing of the socket.

Avoid vigorous rinsing for the first 12 hours, as rinsing can dislodge the forming blood clot. If you must rinse, use cold water, swish very lightly and let it dribble from your mouth.

Avoid vigorous exercise for the first 12 hours such as sports, running, etc. Elevated blood pressure may promote excess bleeding.

Avoid Alcohol for 1—2 days, as this can thin the blood which may cause excess bleeding.

Avoid Smoking for 1 week, as this slows healing, can cause the clot to dislodge, and result in a very painful condition known as 'dry socket'.

No Aspirin (unless prescribed by your doctor), as this thins the blood which can cause excess bleeding. Take Paracetamol or Ibuprofen instead for any discomfort.

Rinse with warm Salty water after 12 hours: 1tsp salt in ½ glass warm water. This will prevent the socket from getting infected.

Soft diet for the first few days, to allow healing & avoid disturbing the wound.

Avoid brushing next to the extraction socket for the first 24 hours.

If any problems persist, please contact us.