

Special Care	<ul style="list-style-type: none"> <li>• Keep gauze in place with pressure (bite down) for 30mins. Then remove and replace with second gauze for another 30mins. This will clot the blood and stop the bleeding.</li> <li>• Aspirin based medications are <b>NOT TO BE TAKEN</b> as this may cause more bleeding.</li> <li>• <b>AVOID</b> unnecessary physical activity.</li> <li>• It is extremely important <b>DO NOT SPIT</b> or <b>RINSE</b> in the first 24hrs.</li> <li>• Take 2 Nurofen tablets immediately, then every 4 hourly as required to a <b>maximum</b> of 8 tablets a day. Panadeine may be substituted if you have a history of ulcers or other conditions that prevent its use. You must eat before taking Nurofen.</li> <li>• If bleeding recurs, apply pressure with cotton gauze for half an hour.</li> <li>• If significant bleeding still occurs, contact our dental practice.</li> <li>• A dressing may have been placed in the surgical/extraction site, with time this will fall out.</li> </ul>
Food	<ul style="list-style-type: none"> <li>• <b>AVOID</b> alcohol and smoking as this may cause a <u>DRY SOCKET</u> which is very painful. If this occurs, contact our dental practice for attention/advice.</li> <li>• To prevent bleeding <b>NO HOT</b> food or liquids for 24hrs. Luke warm or cold is recommended.</li> <li>• Start on a soft diet or eat small amounts 5-6 times a day.</li> </ul>
Brushing	<ul style="list-style-type: none"> <li>• Tomorrow, very gently rinse with luke warm salt water every few hours and continue twice daily until wound heals. Tooth brushing may be resumed as soon as possible, but avoid the extraction/surgical area for 24hrs</li> </ul>
Swelling & Bruising	<ul style="list-style-type: none"> <li>• This is quite a normal response and usually reaches its peak 24-30hrs following surgery. It often varies from one side to another depending on the degree of difficulty of surgery.</li> <li>• The swelling will significantly start subsiding after 2-4 days.</li> <li>• Bruising may occur as the swelling starts to subside and is not uncommon.</li> </ul>
Stitches	<ul style="list-style-type: none"> <li>• If stitches are placed, they may need to be removed in 2 weeks. An appointment will be arranged if this is the case.</li> <li>• Sometimes they are self dissolving and an appointment is not necessary.</li> </ul>
Nausea	<ul style="list-style-type: none"> <li>• Nausea and/or vomiting is not uncommon and may relate to swallowed blood or anaesthetics. If symptom prolongs, contact our office or your GP.</li> </ul>
Infection	<ul style="list-style-type: none"> <li>• Infection is uncommon following oral surgery. If it does occur it will show itself by a late increase (3-4 days) in swelling, foul odour and/or pain or the onset of a discharge. Please contact us if you are unsure.</li> </ul>