

# POND SQUARE DENTAL

## Instructions After Extraction

### **Pain management**

Take painkillers before the anaesthetic wears off and continue to do so for the three days following the extraction. After that, gauge the requirement for painkillers. You can take Nurofen and Paracetamol together. Avoid Aspirin.

If the pain increases on the fourth or fifth day, please contact the practice.

### **Things to avoid for 48 hours after the extraction**

- Rinsing
- Alcohol
- Hot drinks
- Eating on the side of the extraction
- Hard or sharp food
- Aspirin
- Exercise

The above may cause bleeding from the site of the extracted tooth which will delay the healing process and might make the wound more susceptible to infection.

If there is any bleeding from the extraction area, use a clean handkerchief or a dressing, and apply firm pressure on the wound for an hour. You can hold it with your clean fingers or bite the cloth firmly with your teeth. If the bleeding persists, please contact the practice.

Brush your teeth as usual but be extra gentle with the extracted area.

### **Salt water rinse**

Make sure the water is pleasantly warm. Do not use hot or cold water. Rinse three to four times daily, starting in the evening after the extraction.

**LOVE YOUR SMILE**