

Post Extraction Instructions

Following removal of your tooth take only aspirin free painkiller, such as Paracetamol or Ibuprofen unless you have asthma. NEVER EXCEED THE RECOMMENDED DOSE

1. For the Next 24 Hours avoid
 - a. Mouth Washing
 - b. Very Hot Fluids
 - c. Alcohol
 - d. Strenuous Exercise
 - e. Smoking

2. After 24 hours rinse with a warm salt water mouthwash 3 times a day for the next 5 days.

3. In the event of prolonged bleeding, bite firmly on a cotton swab or clean handkerchief.

4. If prolonged bleeding or severe pain occurs, do not hesitate to contact the surgery.