

## **POST OPERATIVE EXTRACTION INSTRUCTIONS**

- Avoid rinsing for the rest of the day. It is important **NOT** to disturb the blood clot.
- Do not smoke or drink alcohol.
- You may take your normal painkillers, preferably Ibuprofen as necessary but avoid aspirin if possible.
- From the day AFTER surgery, rinse four or five times a day with warm salt water. Repeat this for a week after surgery.
- If you take warfarin do not take aspirin and AVOID drinking cranberry juice! They can produce an adverse reaction when mixed together.
- Always take your recommended medication as usual (prior to your surgical procedure and after).
- Do not starve yourself before treatment unless otherwise instructed to by a clinician.
- Avoid hard, hot foods for the next 24-48hours after the procedure

### **If excessive bleeding occurs.....**

- If you have recurrent bleeding, take a clean dressing (provided) or handkerchief, roll it up and place it over the wound and bite firmly for 10 to 15 minutes.
- Check the socket and replace the dressing or handkerchief, or use another one if necessary, if the socket is still bleeding.
- If the socket is still bleeding after an hour; please contact the Practice.
- It is not unusual to experience swelling or discomfort for a few days following surgery. However, if pain, swelling or bleeding persists after treatment; please contact the Practice. If for any reason you are unable to get through to the practice we have a 24 hour emergency service otherwise visit your local A&E.