



*smilemakers*

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## **After An Extraction**

- Keep the gauze swab in place (and apply pressure) for about 30 minutes.
- If bleeding continues, use the spare gauze provided by rolling up a piece and biting down on it.
- If the bleeding persists, please call us on 4784 2560
- **Do not** rinse your mouth the day of the procedure, and starting the morning after you may **rinse extremely gently** with lukewarm salty water (1 teaspoon of salt in 600ml lukewarm water).
- Avoid strenuous exercise for 48 hours after the procedure.
- If pain is intense, rest with your head propped up and where advised take two Panadeine or Nurofen tablets. **Do not take aspirin.**
- Avoid hot or extremely cold foods and drinks.
- Do not drink alcohol for 24 hours.
- Do not smoke for 24-48 hours.
- When the numbness has gone, choose lukewarm drinks and soft foods for 24 hours. Be sure to chew away from the wound.
- Until the wound heals, gently rinse your mouth with lukewarm salty water (1 teaspoon of salt in 600ml lukewarm water) 2-4 times per day.

***Please contact us if you have any concerns!***