



Post Extraction Instructions

- Bite firmly on the gauze pad for 20 mins and dispose the gauze thoughtfully.
- Do not disturb the clot by sucking, spitting, rinsing or touching the area.
- Ensure that you stay hydrated by drinking at least 100 mls of cold water, through a straw, every 2 to 3 hours.
- Do not rinse your mouth for at least 6 hours after extraction.
- Do not smoke for 48 hours.
- Do not have alcohol, hot drinks or hot food for at least 24 hours.
- If antibiotics and painkillers have been prescribed, have them after food only.
- Soft, cool food can be eaten, but NOT on the side where the extraction has been done.
- Avoid vigorous activity or hot showers for 24 hours.
- The day after extraction, use as a mouth wash, one teaspoon of salt in a glass of warm water.
- Be careful not to bite the numb cheek, lip or tongue.
- The “*numb*” feeling will last between 2 - 4 hours.
- If our Dentist has placed a stitch (suture), please be aware that it may take 4 to 6 weeks before it is resorbed.
- In case of complications or extensive renewal of bleeding, please call **Care For Smiles** on (03) 9482 1100 Mon to Fri 9:30 to 6:00 or Sat 9:00 to 12:30.
- If bleeding is severe outside these hours, please call your nearest Hospital Casualty Department.

[Dr Priti Rosemary Phillipos. Dentist.](#)