



## Post Op Instructions for Extractions/Surgical Extractions

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## On the day of surgery:

- Do not drink any alcohol, play with the wound, or do any vigorous/strenuous activities.
- Slight oozing of blood is normal. If significant bleeding occurs place the provided, damp gauze over the bleeding site and apply pressure by biting down firmly for 15-30 minutes.

This may need to be repeated.

IF THIS FAILS TO CONTROL THE BLEEDING PLEASE CONTACT US IMMEDIATELY.

- If possible do not smoke for 3 days as this increases the risk of a painful complication called a dry socket.
- To minimize swelling, an ice pack (small bag of frozen peas wrapped in a towel) may be held on the side of the face. Apply 10-15 minutes every hour on the day of surgery.

## On the day after surgery:

- It is essential to keep all wounds clean.
- Brush your teeth if applicable, but being careful round any wounds
- Bathe the wound 4-6 times a day with hot salty water (1/4 teaspoon salt per glass of water) for 1 week.

If prescribed use your mouth rinse twice per day for 1 week.

It is normal to have a small amount of bleeding, some swelling, discomfort and a difficulty in opening, however if symptoms become severe please contact us immediately.

Any problems or concerns outside of business hours please contact your dentist on:

Lester Settle 027 223 3254

Janet Chou 021 320 198

Alicia Seo 021 645 800