

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.