

# **WHAT TO DO AFTER YOUR EXTRACTION**

Now that the tooth is out there are some important  
Do's and Don'ts

- Keep firm pressure on the packing over the wound for 20 minutes then discard
- Replace the pack with a fresh one if bleeding hasn't stopped
- Avoid rinsing the mouth for 6 hours
- Avoid hot foods and drinks
- Avoid alcohol and smoking
- Analgesics such as Panadol or Panadeine should be used if required
- If other medication has been prescribed, this should be taken as directed
- Warm salt mouth rinses should be commenced 6 hours after the extraction...a teaspoon of salt in a glass of warm water, 3 times a day for 7 days
- If a denture has been fitted leave it undisturbed until the following day when it can be removed and normal cleaning procedures followed
- If any problems or questions arise, please contact the surgery