





POST EXTRACTION INSTRUCTIONS

DO NOT

- 1) To help the gum heal quickly, rest at home for the first 24 hours.
- 2) Do not smoke for 24 to 48 hours. 
- 3) Do not rinse your mouth for 24 hours. Then mix one teaspoon of salt, 600ml of boiling water, allow to cool and use this mouthwash every 4 hours, if necessary.
- 4) Do not drink alcohol for 24 hours as this may increase bleeding. 
- 5) Wait until the anaesthetic has worn off before you eat or drink anything hot. 
- 6) Take care not to bite or chew your lip or gum while you can't feel it.
- 7) Avoid heavy exercise for 24 to 48 hours to stop too much bleeding. 

What to do if there is a lot of bleeding?

- 8) Remove the wrapping from the gauze pad provided by the dentist; place the fresh pad on the socket and bite firmly on it, for at least 15 minutes.

IF URGENT HELP IS NEEDED, please call our office at 62415941.