



## Post Operative Instructions

- Do not eat or drink for the first 2 hours, or until the numbness has worn off.
- Do not rinse your mouth out for the first 24 hours, but if there's a little blood in your mouth just spit out.
- Do not smoke for 48 hours.
- Do not poke or prod the area, as this may dislodge the blood clot.
- Do not brush your teeth in that area until the following day.
- Do not exercise for the first 24 hours.
- Do not drink alcohol for 24 hours.
- Take painkillers before the numbness wears off, and at regular intervals for the first 3-4 days. Ibuprofen is most recommended (if you are normally able to use it). DO NOT take any tablets containing aspirin unless you normally do so under the advice of a medical practitioner.
- Continue with all your routine medications as normal, unless specifically otherwise advised by your Dentist or Doctor.
- If bleeding occurs, wet one of the packs provided, place over the extraction socket site and bite down for 20 minutes.
- After 24 hours start to rinse your mouth out with warm salty water 5-6 times per day, for 1 week.
- If at all concerned, please contact the surgery on 01245 474 555.