



## After Extraction Instructions

After extractions or oral surgical procedures please adhere to the following in order to optimise healing and reduce post-operative discomfort or complications.

- Do not rinse your mouth or spit for 24 hours
- Do not lift any heavy objects or carry out any strenuous work or exercise
- Do not smoke for 48 hours
- After 24 hours, rinse your mouth with warm salt water (2 teaspoons of salt in a cup of warm water) after any meal and repeat for the next 7 days
- You will experience some discomfort post extractions & surgical procedures and may even get a swelling in the area. Please take your normal painkillers as needed following the dentist's/manufacture's instructions
- Please use the swabs provided by the dentist in case of any bleeding from the extraction/ surgical site. Place the swabs on the area and put firm continuous pressure by biting on the swab or by hand for about 15 minutes. If you run out of swabs use a clean rolled up handkerchief. If bleeding persists, despite the above measures contact your dentist or out-of-hours emergency services
- Keep to a soft diet on the day of the procedure

### Immediate Dentures

If you have had dentures fitted straight after the extractions then please note the following:

- Do not remove the dentures for 24 hours after the fitting except for cleaning.
- In the first 24 hours, remove the denture after eating and clean with a soft brush and soapy water then place the denture back into the mouth immediately.
- After the first 24 hours, remove the denture and clean after every meal and leave them out at night soaked in diluted Milton or appropriate denture cleansing solution (follow the manufacturer's guidelines)