



FirstBite
DENTAL

309 Keilor Road, North Essendon, Victoria 3041

What to do following an extraction

1. Bite down on the gauze which was placed by the dentist. Place fresh gauze or a clean cloth every 20 minutes until the bleeding stops
2. Avoid hot liquids, food, alcohol and smoking. Once the bleeding ceases, maintain a soft diet and lukewarm fluids only.
3. If bleeding reoccurs, apply pressure with a clean gauze. If bleeding persists, please contact the surgery
4. Do not rinse for 24 hours. After this time, rinse three times daily with warm salt water.
5. Avoid strenuous exercise.
6. Pain relief can be achieved with ibuprofen or paracetamol. Take tablets one hour upon leaving the surgery. Do not wait for numbness to subside. Pregnant/breast feeding women to use paracetamol only.
7. If pain persists after a couple of days, please contact the surgery.

PAIN RELIEF is personal and below are suggestions

**- Ibuprofen/paracetamol combination 3 hourly while pain persists
OR**

- Ibuprofen / Panadiene alternating every 2 hours OR

- Ibuprofen/Panadiene Forte alternating every 2 hours OR

Today we gave you: