

ADVICE AFTER EXTRACTIONS

1. **AVOID** cycling or excessive exercise for several hours. Ideally, rest by sitting in a chair and use an extra pillow for the first night.
2. **DO NOT** drink anything **ALCOHOLIC OR SMOKE** for 24 hours.
3. You are allowed to take two pain-killing tablets (paracetamol etc.) after the extraction, and every 4 to 6 hours as necessary.
4. After six hours rinse gently with warm/hot salty water (level spoon of salt in a cup of water) and continue after meals and before bed for several days.
5. You may feel the sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way out.

If excessive bleeding occurs.....

1. Carry out the instructions above, making certain to avoid severe rinsing which will prevent blood clotting in the socket.
2. Use some clean linen or gauze about 1" (2.5cm) wide to make a roll 1" thick thus forming a firm pad, or use a clean handkerchief. Make a few such pads, if necessary.
3. Keep sitting up and clear the mouth of loose blood clots with a clean linen square or tissue so that you can find where the socket is bleeding. This is important.
4. Place the pad across the bleeding socket from the tongue side to the cheek side. If the socket is between two standing teeth constrict the pad to fit the space.
5. Bite firmly to compress the pad on the bleeding socket for 10-15 minutes. **Do not lie down.**
6. Inspect the socket and replace the pad, or use another one, if bleeding still appears from the socket.
7. If your efforts are unsuccessful after an hour or two, contact your dentist.