



Below is a summary of the after-extraction care instructions discussed at your appointment:

1. **To stop the bleeding:** bite firmly but gently on the gauze placed in the surgery for 20 minutes. Continue biting for 30-40 minutes if you take any blood thinning medications. If the bleeding does not stop after this time, please contact our clinic (03 9939 8006) or attend your nearest emergency department for further management.
2. **To stop the bleeding and to promote healing:** avoid rinsing and spitting for the first 24 hours. Commence with gentle salt water rinses after the first 24 hours. Postpone your regular oral hygiene routine until after the first 24-48 hours.
3. **To help with post-operative discomfort:** swallow 1-2 tablets of Ibuprofen (e.g. Nurofen) or Paracetamol (e.g. Panadol) as soon as reasonable after the extraction and continue 1 tablet every 4-6 hours for the first 1-2 days – as directed on the packaging. Do not exceed 8 tablets in one day.
4. **To avoid trauma and infection, and to promote healing:** avoid hot foods and drinks and hard foods for the first 24 hours.
5. **To avoid infection and to promote healing:** avoid smoking and rinsing with/consuming any alcohol-based products for at least 24 hours.
6. **To promote healing:** drink plenty of fluids and get plenty of rest.
7. If stitches have been placed, do not try to remove them - they will dissolve on their own unless otherwise informed.

If you have any queries or problems, please do not hesitate to contact us on 03 9939 8006 or smile@smilehawthorn.com.au.