



ST. QUENTIN  
DENTAL GROUP

## Post Operative Instructions

### Following Tooth Extraction

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Dentist: \_\_\_\_\_

1. Continue to bite on the gauze for 30 minutes. If the wound is still bleeding fold two pieces of gauze into a tight wad and bite firmly for another 30 minutes, repeat if necessary. A little oozing is normal.
2. Soft diet today, avoid chewing on the extraction site if possible, avoid hot or very cold food and drink.
3. Do not smoke or consume alcohol for 48 hours.
4. Do not do anything that may raise your blood pressure for 48 hours, eg exercising.
5. Starting from tomorrow rinse gently with warm salty water (unless you've been prescribed a mouth rinse) 3 to 4 times daily, especially after eating. You can continue to do this until the area has healed.
6. If pain relief is required, paracetamol is fine provided you can take it. Avoid Asprin or Disprin as they can increase bleeding.
7. If you have any problems or are unsure of any of the points above, please phone us straight away on 9385 2418.