

POST EXTRACTION INSTRUCTIONS

- Keep pressure on the gauze for 30 minutes before removing it. This pressure will aid in a blood clot forming.
- If bleeding continues after you have removed the gauze, you can place another gauze over the wound and bite down for a further 10 minutes. You can also use a wet tea bag (not Rooibos) that has been dipped in cold water.
- It is important not to dislodge the blood clot that has formed over the wound. Thus soft foods should be eaten for the next 3 - 4 days and chewing should be done on the other side of the mouth.
- You are not to smoke, or drink alcohol for 2 - 3 days as this can inhibit wound healing and cause an increase in bleeding.
- Any exercise for the remainder of the day should be avoided. You need to relax as much as possible as any exertions may result in bleeding.
- **If you have been prescribed a mouthwash, only start using it the following day.** You should not rinse for 24 hrs after your tooth extraction, to prevent the blood clot from becoming dislodged and bleeding to start again. This will significantly reduce the risk of developing a “dry socket”. After brushing teeth, the spit out most of the toothpaste and just let water gently run through the mouth to remove the rest, but vigorous rinsing should be avoided.
- If you have been prescribed any antibiotics or pain killers, please take them as per the instructions.
These will help to
 - a) minimise discomfort
 - b) minimise swelling
 - c) prevent infection
 - d) promote healing
 - e) aid in wound cleanliness

If you have any doubt about your progress, please do not hesitate to contact me.

Regards

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