

## HOME TREATMENT FOR 24 HOURS AFTER DENTAL EXTRACTIONS

1. Keep the gauze swab in place, with pressure, for half an hour after leaving the surgery. It may be necessary to replace the gauze if bleeding continues.
2. If in pain, take two painkillers half an hour after treatment, then one or two tablets every three to four hours, if necessary, to a maximum of eight tablets in one day.
3. To reduce swelling, you may need to use a cool ice pack on the side of the face after the extraction for 10 minutes each hour.
4. No alcohol and No smoking for at least 24 hours after the extraction.
5. Rest or sleep with head raised.
6. Do not eat or drink anything very hot or very cold.
7. Lukewarm soft foods & drinks only.
8. Do not rinse mouth or spit out today.
9. Tomorrow, rinse with lukewarm salt & water and continue regularly until wound heals.

If problems arise, phone the surgery on 6365 7140