



Medicross Dental and Orthodontics Limited
Post-Operative Instructions for Tooth Extraction and Oral Surgery

The purpose of this information is to promote rapid healing and minimize post-operative pain. Please follow these instructions carefully.

For the first 24 hours

AVOID

1. Smoking
2. Alcohol
3. Hot drinks
4. Strenuous exercise
5. Hard or chewy foods
6. Excessive and vigorous rinsing (as this will wash the blood clot away that is necessary for good healing)

Prevent prolonged bleeding

After the procedure, a small compress (e.g., pad or gauze) will be placed on the bleeding site. The compress should be held firmly in place by biting on it for 20 minutes. Repeat, if necessary, until bleeding stops. Any pain or soreness can be relieved by taking Panadol, Panadeine, or Nurofen.

*** Please Note: DO NOT TAKE ASPIRIN OR DISPRIN**

(This will thin the blood and result in persistent bleeding)

After 24 hours

1. Rinse gently 3-4 times daily for 2-4 days with warm salt-water mouth rinses. Dissolve a teaspoon of salt in a glass of warm water.
(As warm as you can handle)
2. Brush the adjacent teeth and all the others as normal, as a clean and healthy mouth heals more rapidly.
3. If bleeding is excessive, contact your dentist or medical doctor without delay.
4. If there is an increase in pain after 2-3 days, contact the dentist as occasionally post-operative infection or a dry socket may develop.
5. If sutures have been placed at the operative site, these will need to be removed after 7 days.

Medicross Dental and Orthodontics is your provider, please do not hesitate to contact us, should you have any questions or concerns.

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