

INSTRUCTIONS FOR CARE AFTER EXTRACTIONS

- 1) Bite firmly on the pack for 30 minutes then remove gently.
- 2) It is important not to disturb the blood clot so:
 - DO NOT REMOVE THE PACK TOO SOON
 - DO NOT EAT OR DRINK WITHIN THE FIRST HOUR
 - DO NOT RINSE VIGOROUSLY
 - DO NOT TAKE ASPIRIN OR DISPRIN AS THIS CAUSES EXCESSIVE BLEEDING
- 3) You may eat or drink after one hour but avoid hot substances and alcohol.
- 4) If bleeding commences, insert another pack and bite firmly for 30 minutes.
- 5) Be careful not to bite a numb lip, tongue or cheek. Parents should watch their children.
- 6) Take medications (if prescribed) as recommended by your dentist.

On the day after the extraction:

- 7) The mouth may be gently rinsed with salt water (1 teaspoon of salt in a glass of lukewarm water).
- 8) If you have any problems, please contact us on (02) 9953 0088.

