

## Oral Hygiene (Cleaning)

- Help avoid infection by cleaning your mouth.
- Along with an oral antiseptic.
- Savacol (from the Pharmacy) can be used twice daily for two weeks.

Or

- Warm salt rinse three times daily for two weeks.

\* Gentle Rinsing must be done in the first 24 hours, to avoid washing out the blood clot.

## Infections

- Prolonged pain, fever or continued swelling could indicate infection. You should contact the practice if this occurs.



## Bleeding

Firm pressure should be maintained over the surgical site with gauze 30 minutes. Some weeping is to be expected.

- Avoid sucking through straws.
- Avoid hot drinks
- Avoid excessive activity for the first 24 hours
- Avoid vigorous rinsing for the first 24 hours

If excessive bleeding is noticed, this is not normal.

If bleeding continues, call the office number at any time or report to the Hospital.



## *Post - Operative Extraction Instructions*



## Skygate Dental

Brisbane Airport, 11 The Circuit,  
Brisbane Airport QLD 4008

## Skygate Dental

Brisbane Airport, 11 The Circuit,  
Brisbane Airport QLD 4008



## General Care

- Avoid rinsing your mouth for the first 24 hours.
- Avoid hot fluids.
- Avoid alcohol, hard or chewy foods.
- Cold compresses can provide comfort.
- Avoid strenuous exercise.
- Avoid smoking as this can deal and complicate healing.
- Pain relief can be provided by pain medication.
- Please do not chew a numb lip or tongue as an injury may result.

## Swelling

- Ice packs can be applied to help reduce the swelling.
- For the next 24-48 hours apply ice pack intermittently -15 minutes on and 10 minutes off.
- DO NOT apply the ice packs directly to skin. Place a towel or cloth over.

## Nutrition

- Avoid dehydration by keeping up your fluid intake with plain water or diluted cordial.
- Eat nutritious food.
- You may experience loss of appetite and nausea following

## Bruising

- The degree of bruising may vary per individual.
- As this depends on the surgery preforms and the nature of the person.
- Some discoloration may be observed in the face and neck for 3-5 days after the surgery.

## Pain

- Discomfort after a dental extraction is to be expected.
- Your Dental surgeon will prescribe appropriate medication for your type of surgery.
- Please be aware of the medications side effects.
- If you do experience a medication problem, please contact the practice, your general practitioner or the hospital.
- Severe pain after a dental extraction is unusual. If significant pain persists you should call the practice.