



Parkridge dental
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Extraction Home Care

1. *Keep pressure on the area where tooth was extracted for 30 minutes.*
2. *Check in 30 minutes. If still bleeding use the extra gauze to keep pressure on the area.*
3. *Change every 30 minutes until bleeding stops. Bleeding should stop in 2hrs.*
4. *If you are a smoker – no smoking for at least 10 days. Use nicotine patches if necessary.*
5. *No alcohol for 48hrs.*
6. *Do not suck on the extraction site or disturb it with your tongue.*
7. *Warm saltwater rinsing 3 times a day for 4 days, starting from tomorrow.*

One heaped teaspoon to half a glass of warm water but do not rinse vigorously.

8. *For pain relief take 1 Panadol and 1 Nurofen every 4-6hrs. **DO NOT TAKE ASPIRIN.***
9. *Eat on the other side for 1 week.*
10. *Avoid extremely hot drinks ie: tea, coffee for 24 hours.*

Please note that sometimes the blood clot does not form in the first day or two after the extraction, or it forms but breaks down for some reason. The result is called a dry socket this can be very painful and should be reported to your dentist. A dressing may be placed in the socket to protect it until the socket heals and to reduce pain.

In the case of emergency or if you have any questions, please contact Dr Amiri at 0455861932 or message us on whatsApp at 0455861932.