marinabaydental

Post-Operative Instructions – Extraction

- Bite firmly on the gauze pad for one (1) hour immediately after the extraction, following which the gauze can be discarded.
- If bleeding recurs, take one piece of clean gauze and roll it up tightly. Fold the gauze roll in half, position over the extraction site. Bite down for 30 minutes. Repeat as necessary.
- Do not rinse your mouth vigorously on the day of the extraction – this will cause the blood clot to dislodge resulting in fresh bleeding from the socket. Also do not spit forcefully and avoid using a straw immediately after the extraction.
- Refrain from smoking for at least 2 weeks. Smoking can impair healing of the extraction socket.
- Avoid brushing around the surgical site on the day of the surgery; you can gently resume your brushing and flossing the day after.
- You may experience some pain, bruising around your lips, and/or some swelling, especially after extraction of impacted wisdom teeth. Medication prescribed for you will help to minimize your discomfort. You can also use a cold compress to reduce post-operative swelling.
- Please take any medication you may have received based on the provided instructions.
- During the first 2-3 days after surgery a diet of soft food and liquids is recommended (soup, yogurt, porridge and juice).
- Call our office at 66345700 / 96255700 if you experience excessive bleeding, severe pain or swelling, or if you have any questions or concerns. Our Emergency number is 6535 8833. In case of serious emergencies call 995.