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AFTER AN EXTRACTION:

- No smoking or drinking alcohol for the next 48 hours
- Have panadol/Nurofen (as advised by the dentist) as soon as you go home. Keep having one every four hours on the day of the extraction. If pain persists next day continue with the painkillers.
- Do not rinse for the next six hours on the day of the extraction.
- Start rinsing with warm salt water at least three times a day for a weeks' time. (After 24 hr of the extraction).
- Do not attempt to lift anything heavy, exercise or do anything stressful on the day of the extraction.
- If bleeding starts, bite on the gauze pad for 30 minutes. If bleeding continues after that, see the doctors at the hospital.