

Flynns Dental Care Post - Extraction Advice

Please find detailed below advice following your extraction today.

- Avoid **hot drinks**.
- Avoid excessive **exercise**.
- Avoid **alcohol**.
- Avoid **smoking** for the first 24 hours, as this can significantly increase the chances of an infection in the healing socket.
- Take **painkillers**, such as paracetamol or ibuprofen, as necessary. Please check that they do not interfere with any medications you may be already taking.
- **Avoid aspirin**, unless you are directed by the doctor to take this on a regular basis.
- You may experience a little **bleeding** from the socket. If so, fold up a clean handkerchief/cloth and bite hard on this for 20 minutes.
- After 12 hours rinse the socket **gently** with **warm salt water** (2-3 teaspoons of salt in a glass of warm water). Continue to do this after meals for 7 days.
- You may feel **sharp edges** of the socket with your tongue. These are bone fragments and may work their way out- this is **normal**.
- It is not unusual to experience some discomfort or swelling for a few days. However if pain, swelling or bleeding **persists** it may be the sign of an infection and you should contact us.