



- Bite down firmly on the gauze for the next 20-30 minutes after you leave.
- If bleeding occurs - carefully place the rolled gauze provided over the extraction socket and bite down firmly and rest for 20-30 minutes without checking or spitting.
- Start taking pain medication as prescribed before the local anaesthetic wears off.
- We recommend alternating Panadol (500mg tablets) and Nurofen (200mg tablets) every 3-4 hours. You can take up to 8 Panadol and 6 Nurofen in a 24 hour period.
- Use a recurring alarm on your phone - if pain is more than 4/10 take 2 tablets of either Panadol or Nurofen (up to the maximum dose).
- Do not smoke or vape - this will result in dry socket
- Avoid eating hard foods such as nuts and raw vegetables, or hot foods and drinks
- Avoid heavy lifting or strenuous exercise for the first 48 hours.
- After the first 24 hours, gently rinse with warm salt water after every meal. This needs to continue for 7 days (dissolve 1 tsp of table salt to ½ a cup of lukewarm water).
- Brush as usual, gently avoiding the extraction sites for the first 1-2 weeks.
- It is not uncommon to require pain medications for up to 7 days after an extraction.