

# Post-Op Instructions

## For Extractions

After any extraction of a tooth or teeth, please follow the dentist's instructions. The first three days are critical and it will take about a week for the area where the tooth was removed, to settle.

It is important that a blood clot forms to stop bleeding and to secure the healing process.

Thus:

- Bite on a cotton wool ball/roll for 15-30 minutes, there after it can be discarded.
- **DO NOT RINSE YOUR MOUTH!!**  
(If you rinse, the blood clot may come loose and the socket can become infected. The healing process will be hindered and severe pain will follow).
- Brush gently in the area. Do not disturb the blood clot.
- Your saliva, toothpaste etc. will discolour to red and may be interpreted as bleeding.
- Do not cause a negative pressure in the mouth by sucking drinks through a straw and/or smoking.
- Avoid pitted food eg. tomato, nuts, muesli or popcorn, it may get stuck in the extraction area.
- Follow your dentist's Instructions regarding medication and pain killers.