



The Essex Dental Clinic - Post Operative Extractions Notes

Do not rinse today, do not spit out

Do not do physical exercise straight after your extraction

Do not drink alcohol or smoke after your extraction

Take whatever pain relief you would usually take for a headache

Do not poke the extraction site with your tongue or finger

Should it bleed apply a pack of kitchen roll or a clean hanky and bite down for 20 minutes, constant pressure

Tomorrow you can rinse 4 times a day for approximately 4 days with warm salt water.

If you have any problems or concerns, you can contact us on 01787 222828