



BALACLAVA

**DENTAL CARE**

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**FOLLOWING EXTRACTIONS YOU WILL BE SUPRISED AT HOW COMFORTABLY**

**HEALING WILL PROGRESS IF YOU AID YOUR BODY'S PROCESSES OF REPAIR**

**BY OBSERVING THE FOLLOWING INSTRUCTIONS**

1. Allow the socket to fill with blood which will then clot. This is one of the most important stages of healing.

To help this process, bite hard on the cottonwool pack provided for 30 minutes continuously then discard the pack (hygienically). Please note we have provided you with a bag of sterile packs which can be used if further bleeding occurs at any stage. If you do continue to bleed after applying continuous pressure for 30 minutes, or at a later stage, place a pack on the surgical site so that pressure is applied to the site and continue to ensure that the pack applies pressure to the site continuously for a further 30 minutes. If after a second period of continuous pressure of 30 minutes, bleeding continues, please contact the surgery on 9527 7278, or you can contact Dr Goichman on 0449 636 069 if calling after hours.

2. During the first six hours:
  - a. do not disturb the socket – i.e. avoid rinsing and
  - b. avoid putting hot things onto the socket and
  - c. do not drink alcoholic beverages.
3. If you wish to take a painkiller, paracetamol-codeine preparations, e.g. Panadeine and/or Nurofen taken accordingly to the directions on their packets are very suitable. Do not take preparations containing Aspirin.

If the pain is not suppressed by either Nurofen or Panadeine alone, they may be more effective if taken alternatively. In that event, take each one every four hours, but so that one OR other is taken every two hours. Do not exceed the recommended maximum dose for any 24 hour period.

Please do not hesitate to call me if pain persists. My mobile telephone number is on my business card and if you cannot reach me and pain persists, please attend the Royal Melbourne Dental Hospital in Swanston Street, near the corner of Grattan St – ie opposite the University of Melbourne.

4. During the next few weeks you must ensure that you have an adequate diet and adequate rest. It is essential that you keep your mouth clean and continue to brush as best you can. You can also use a mouthwash after the first day. Hot salt water is effective, as are many other commercial mouthwashes such as those containing 0.2% Chlorhexidine (eg Savacol), or throat gargles which may contain anaesthetics in addition to disinfectants.

A wrapped ice pack applied to the outside of the affected area may be useful in reducing post-operative swelling. Apply for 20 minutes, return the ice to the freezer for 20 minutes and then re-apply. Continue for several cycles. A bag of frozen vegetables makes an ideal ice pack.

5. If you wish to ask any questions, please do not hesitate to phone me.
6. If an emergency arises and we cannot be contacted, please contact the Royal Melbourne Dental Hospital 720 Swanson Street, Carlton Ph: 9341 1000, a dental or medical practitioner or your local general hospital.