



MAXILLO FACIAL & ORAL SURGEON

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Instructions following the removal of teeth.

The major immediate problem following the removal of teeth is prolonged bleeding. Paying attention to the following can reduce the possibility of this occurring.

- A gauze compressor will be placed onto the extraction area. Please hold this gauze plug firmly between your teeth for at least 20 minutes before removing it.
- An extra gauze compressor will be provided in case of prolonged bleeding. If bleeding persists following the removal of the initial post-extraction plug, please wet the extra gauze with cold water, squeeze out the water and place the damp plug onto the extraction site and close teeth together firmly. **DO NOT REMOVE THIS PLUG FOR AT LEAST ONE HOUR.**
- Should bleeding persist, try the same treatment but this time utilizing a tea bag.
- If there is still significant bleeding after this, please contact Dr Mahomed at (+27) 21 200 4157 or Cell: (+27) 82 925 6583.
- Please do not rinse your mouth vigorously or drink hot drinks until the following day.
- Avoid hard, crunchy foods to prevent trauma to the extraction site. Chew on the non-operated side is possible.
- The suture that has been placed is assisting in the clotting process. It usually dissolves in 4-7 days. Its function is important in the first 24 hours. If the stitch should come loose after that, there is no cause for alarm.

The healing process and the filling in of the tooth socket with new bone is very dependent on the maintenance of the blood clot in the sockets. Please follow these instructions closely to ensure optimal healing.

PLEASE AVOID SMOKING AS LONG AS POSSIBLE FOLLOWING TOOTH REMOVAL OR SURGERY.

When upper molar or premolar teeth have been removed do not blow your nose for at least one week following surgery. A mild nasal decongestant (e.g. Drixine) can be used to keep nasal passages open.

Mild analgesics (Panado, Nurofen, Mypaid, Myprodol, Stopayne, etc) can be taken to relieve pain. Please follow the prescription on the packaging.

- **Should you experience any untoward symptoms following your tooth removal, please contact Dr Mahomed immediately.**