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Post-Operative Instructions

Do not have anything hot to eat or drink for the rest of the day. Anything lukewarm will be fine.

Do not rinse your mouth out for the rest of the day. As of tomorrow, you may rinse your mouth with warm salt water every now and again. Rinsing your mouth or having hot food and drink later today may dissolve your new blood clot and this can cause infections.

Do not poke the socket with your tongue or toothbrush. Do not smoke for at least 24 hours.

Avoid exertion for the rest of the day. In case of a repeat bleed, keep positive pressure on the socket (with an immediate denture, a rolled-up piece of gauze, cotton wool, clean handkerchief etc) for 30minutes at a stretch until the bleeding stops.

Suggestions or Comments? Please complete

our Friends and Family Test Survey