

A large green circle is positioned in the lower right quadrant of the page. Inside the circle, at the top, is a white information icon consisting of a lowercase 'i' with a dot above it. Below the icon, the text "Extraction Aftercare" is written in a bold, white, sans-serif font, arranged in two lines: "Extraction" on the top line and "Aftercare" on the bottom line.

# Care Instructions

## IN ORDER TO AID HEALING AND REDUCE THE RISK OF COMPLICATIONS:

- Keep bite pad in place for 30mins, then remove. If wound is still bleeding insert new pad for further 30mins, making sure to bite down
- Place ice pack on the area for 20mins, then off for 20mins, alternating
- Avoid rinsing for at least 4 hours
- Maintain a soft diet and good hydration
- Keep away from alcohol and smoking for 24 hours following the procedure
- The day after, commence frequent warm salt water rinses and continue for a week
- Rest is essential for healing, so refrain from undue exercise
- Avoid aspirin as it thins the blood
- If sutures have been inserted, do not disturb
- If bleeding continues or you experience severe pain, call us
- If antibiotics have been prescribed, follow all pharmacy instructions and complete the full course. After completion of the course, take a good quality probiotic to restore inner health.

## RISKS OF MISSING TEETH

**The gap created by losing a tooth can impact your oral health. Possible complications:**

- Dry socket / Poor healing
- Bone loss – both height and width
- Drifting of adjacent teeth
- Mobile surrounding teeth
- Over eruption of opposing tooth (bite collapse)
- Facial collapse and premature ageing
- Impaired chewing function



## WHAT NEXT?

**If you're interested in replacing your lost tooth and restoring normal function, we can discuss which of the available solutions will suit you.**

- Dentures
- Bridges
- Single implants
- Implant-supported bridges or dentures

## PAIN MANAGEMENT

If you have pain following the removal of a tooth, the following pain medications can help:

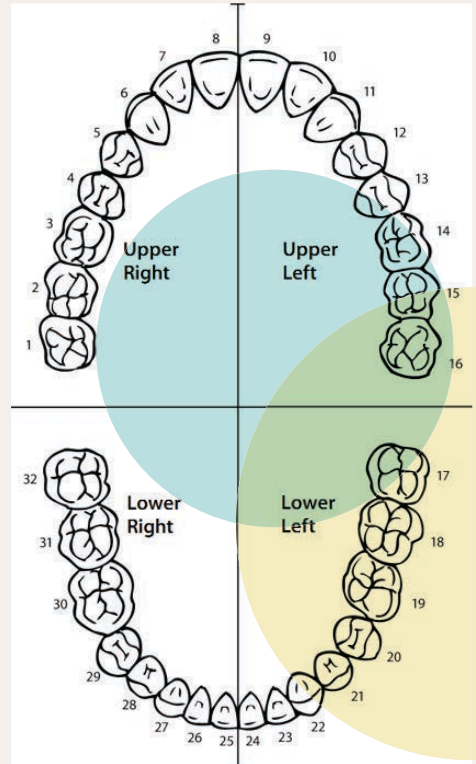
- Paracetamol
- Ibuprofen
- Panadeine
- Difflam rinse

## BENEFICIAL SUPPLEMENTS

There are supplements which can improve the healing process after the removal of a tooth. We recommend using the following supplements to minimise healing time.

- **Arnica (cream/spray/tablets)**  
increases blood flow and reduces pain and swelling
- **Vitamin C**  
essential in wound healing
- **Zinc**  
reduces inflammation and bacterial growth
- **Calcium**  
important for bone health
- **Bromelain**  
anti-inflammatory enzyme that reduces swelling

## YOUR MOUTH



Our number one goal is to **put your mind at ease** during what we know can be an unsettling experience for some.

## Still have concerns?

Let us discuss your  
options with you and  
put your mind at ease!

1/92 Balwyn Road  
Balwyn VIC 3103  
T (03) 9888 5677  
E [info@ismilestudio.com.au](mailto:info@ismilestudio.com.au)  
[www.ismilestudio.com.au](http://www.ismilestudio.com.au)