



forestdental
GENTLE FAMILY DENTISTRY

Forest dental post extraction Information sheet

On day of extraction

- do not exert yourself/run around
- do not rinse out
- do not smoke or drink alcohol
- do not lift any heavy objects
- eat soft food on the opposite side of the mouth
- take pain killers immediately at home (ibuprofen)

The day after extraction

- rinse out with warm salty water
- brush gently around extraction site
- continue with pain killers for three days

If you are concerned please contact forest dental on 0208 502 26 25