



### **Patient Instructions - Pre-op: Tooth Extraction**

1. Please tell us before the extraction appointment if your medical history has changed i.e. if you are currently taking blood-thinning medication, diet dependant diabetic or have developed blood clotting problems etc.
2. Make sure you have eaten something light beforehand. Lack of glucose in the blood could make you feel faint.
3. It may be advisable to bring someone with you who can accompany you home.
4. Wear comfortable clothing.
5. If you are responsible for a minor, it may be advisable to make alternative arrangements for their care during your appointment and just for the first hour or so after the extraction.
6. If you are returning to work immediately after the extraction and your job involves heavy lifting or exertion, it may be advisable to transfer to light duties for the rest of the day.
7. You may experience some discomfort after the procedure. It may therefore be necessary to take a pain relief preparation. Discuss this with your dentist or pharmacist. Aspirin based products are best AVOIDED due to their tendency to promote bleeding. An advice leaflet will be given to you after your extraction to ensure good healing.

