



Pre-Op Instructions for Extractions under Local Anaesthetic

- Please tell us before the extraction appointment if your medical history has changed or if you feel there is something relevant to your treatment.
- Make sure you have eaten something light beforehand. Lack of blood sugar can make you feel faint.
- It may be advisable to bring someone with you who can accompany you home.
- Wear comfortable clothing.
- If you have children it may be advisable to make alternative arrangements for their care during your appointment and for the first hour or so after the extraction.
- 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.
- The extraction site may be tender after the local anaesthetic has worn off. If you are ok taking them then normal painkillers (paracetamol and ibuprofen) can be taken (avoid aspirin).
- Smoking delays healing. You are advised to refrain from smoking for at least 72 hours before the extraction takes place and as long after as possible. This will reduce your chance of having problems after the extraction
- A post-Op leaflet will be given to you after your extraction.

