

## Pre Extraction Instructions

If you are due to have an extraction; this information is to help you plan the day.

### Time off

You should plan not to return to work/school/normal duties following the extraction. Often a single day off is sufficient.

### Eating

You must eat before your appointment as it will help your recovery

### Pain Killers

If you are able to take them, have 2x 200mg ibuprofen tablets with food about an hour before your appointment.

Buy some paracetamol and ibuprofen tablets (if you are able to take them), you will need them after the extraction. There is no need to buy the more expensive branded ones unless you prefer them.

### Getting home

If you are having a surgical procedure it is usually a good idea to have someone with you to drive or get a taxi. Don't go home on the bus.

### SMOKING

We advise not smoking around the time of an extraction to help it heal as well as possible.

