



INSTRUCTIONS AFTER TOOTH EXTRACTION OR SURGERY

Well done! You've coped with the removal of a tooth or a minor surgical procedure. Now read these tips to increase your chance of successful healing.

1. Do not rinse around socket or wound for 24 hours and attempt to keep food and drink away from the area for 48 hours.
2. If bleeding should recur, roll up a moistened handkerchief or use the swabs we have given you and bite on it hard to put pressure on the socket for a timed 10 minutes.
3. Avoid exercise and hot foods / drinks as this can worsen bleeding. Try and limit talking, laughing and mouth movements for a few hours to reduce the bleeding.
4. If pain is experienced when the anaesthetic has worn off, any proprietary painkiller may be taken but most effective combination is ibuprofen and paracetamol.
5. Avoid alcohol, smoking, strenuous exercise or very hot drinks for 48 hours.
6. After 24 hours the use of a warm saline mouthwash will speed the healing, reduce any swelling and ease any aching. Dissolve $\frac{1}{2}$ teaspoonful of salt in a tumbler of warm water. Use 3 times a day for 3 days.
7. If you are worried that your mouth is not settling down, healing properly or you are bleeding, ring the surgery during surgery hours: (01425) 489283