



General information for you



Advice After Extractions

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Today

Avoid!

- smoking and alcohol
- strenuous exercise
- very hot food and drinks
- mouth rinsing for 24 hours

If necessary

- Bleeding can be stopped by applying biting pressure onto a moistened pad of gauze or clean handkerchief for 15 minutes
- Painkillers may be necessary to reduce soreness but avoid aspirin as it can cause more bleeding
- Keep your mouth clean - maintain good oral hygiene and continue teeth brushing twice a day
- Keep to a soft diet at first

Tomorrow

- Use warm salt-water rinses every 2-3 hours (1 teaspoon of salt dissolved in a tumbler of warm water)

Emergency

- Please contact the surgery during office hours
- Out of surgery hours phone the practice to hear the number of the dentist on emergency duty this week

