



POST DENTAL TREATMENT INSTRUCTIONS

A clean and healthy mouth aids healing.

The following steps will help to prevent bleeding and soreness:

- REST:** Rest as much as possible following your treatment and avoid strenuous exercise for about 24 hours.
- RINSING:** Do not rinse for at least 24 hours. For several days following your treatment rinse your mouth *gently* after meals and before going to bed using a mouthwash made by dissolving ½ teaspoon of salt in a glass of *warm* water. Hold the solution in your mouth for about a minute, discard and repeat 2-3 times.
- FOOD:** Avoid hot fluids, alcohol, hard or chewy foods for at least 2-4 hours postoperatively. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- BLEEDING:** Your mouth may ooze some blood after the procedure. Should slight bleeding occur sit upright with head or shoulder raised. Apply pressure using a small damp pad of gauze or clean linen clamped firmly between the jaws for 15 minutes – repeat if necessary.
- PAIN:** The dentist should explain to you how difficult and extraction has been in regard to how much postoperative pain you might expect. Simple painkillers such as paracetamol and ibuprofen are usually the best to use during this time (always read the label).
Any discomfort or stiffness should start to settle within 3-4 days.
- DRY SOCKET:** Some people may experience pain 2-3 days after an extraction due to the socket healing poorly. This might also give you a bad taste or smell from the area. Treatment for this is usually rinsing and dressing the socket at the surgery.
- ANTIBIOTICS:** Antibiotics are not routinely needed after an extraction, even if a tooth has been infected before it was removed. Your dentist will advise you appropriately about this.
- SMOKING:** **If you are a smoker we would advise you to refrain from smoking for as long as possible (Ideally at least 48-72 hours) as this can greatly increase your risk of getting an infection in the socket(s).**

If you suffer from post extraction excessive bleeding, excessive swelling undue pain or start to get a temperature contact your Dental Surgeon for advice without delay.

If you have any numbness or altered sensation affecting your tongue, lip or chin persisting for more than 1 hour please call **0161-302-1584** for advice.