

Instructions for Care of Your Mouth Following Extraction or Surgical Procedures

«Patient - Title» «Patient - Forename» «Patient - Surname»

Immediately after your extraction or surgical procedure:

- Avoid eating, drinking, smoking or rinsing your mouth.
- Avoid touching the hole or operation site with your tongue, finger or other objects and avoid sucking the hole.

For the rest of the day:

- Make sure that you eat and drink but do not have anything very hot or cold - lukewarm is best and soft food is better than hard or chewy food. Avoid alcohol.
- Do not rinse your mouth today
- Do not take part in vigorous exercise or active sports as this may start the bleeding again.
- The numbness will last for 2 - 4 hours so take care not to bite your tongue, lip or cheek during this time. Keep small children under observation until all the numbness has gone.
- If bleeding results and persists roll up a bite-pack or a clean cotton handkerchief (do not use paper tissues) and bite firmly down on it for 20 minutes whilst sitting upright. A small amount of bleeding is normal after an extraction or operation, but if bleeding does not stop please contact your dentist.
- It is important to still brush your teeth twice a day, but go gently around the site of the extraction.

The next day:

- Start hot salt mouthwashes. Dissolve a teaspoonful of salt in half a tumbler of warm water (not too hot). Take a mouthful and hold it over the site of the extraction or operation. Finish all the mouth rinse and repeat this as often as possible but at least after every meal and before bed. Do this for several days as it will help to keep the area clean.
- Expect some discomfort after an extraction or operation and if necessary take the recommended dose of ibuprofen, paracetamol or your usual painkiller but avoid aspirin. If the pain persists, please contact your dentist.
- Your mouth may swell a little and this is quite normal after an extraction or operation. If the swelling is excessive or lasts longer than 2-3 days, please contact your dentist.