

AFTER-CARE ADVICE FOLLOWING TOOTH EXTRACTION

1. Always remember, a clean mouth heals faster than a neglected one.
2. Avoid rinsing your mouth for 48 hours.
3. Avoid smoking and excessive alcohol for 48 hours.
4. Refrain from exercise for 48 hours.
5. If bleeding occurs, bite on a compress of lint or a clean handkerchief for ½ hour; repeat if necessary.
6. Take painkillers as required, but contact the surgery if any after-pain appears excessive.
7. From 48 hours after your extraction bathe the area gently after meals with warm salty water (made by dissolving a teaspoon of salt in a cup of warm water). Continue this for a few days.
8. You may feel the sharp edge of an extraction socket, where the tooth/root was, small fragments of bone may work loose from the extraction site up to a few weeks after the extraction. This is normal.

PLEASE DO NOT HESITATE TO CONTACT THE SURGERY IF FURTHER ADVICE IS NEEDED.