

Post-operative instructions

We've got a few bits of information to help you following your visit to the practice. These should all improve your healing and minimise the risk of you bleeding following your appointment.

Immediately:

- Try not to rinse your mouth with anything.
- Avoid eating and drinking until you can feel the numbness has worn off.
- If you need to have a drink, make sure it's cold and non-alcoholic.
- When you eat, try and chew your food on the opposite side to where your tooth was extracted. Piping hot food should be avoided.
- Rest, we don't want you doing anything too strenuous today.
- If you smoke, try not to be tempted to for the next three days. The longer you leave it, the better things will heal.

When you get home:

- Usually you can expect the numbness to last 2-3 hours.
- You may want to take some pain relief before the numbness wears off. Your normal headache tablets are advised. Aspirin is best avoided – it won't help and may cause you to start bleeding.
- As the day progresses you may need to take further pain relief. That's OK and normal, just make sure you don't exceed the daily limit of the medication you choose.
- It's natural for there to be a taste of blood and for your saliva to be slightly bloody, so don't panic. However, should you start to bleed after you've left the practice, use the cotton packing we've given you and follow these steps:
 - Dampen it under a cold tap, squeezing to remove the excess water.
 - Roll or fold the pack in to a sausage/ball shape, place over the socket and apply pressure by firmly biting on the pack.
 - Make sure you take it easy for 30 minutes. Sit upright and continue to apply pressure.
 - After 30 minutes a stable clot should have formed in the socket and the bleeding should have stopped.

If the bleeding continues, call the practice on 01493 532554 and seek further advice.

After 24 hours:

- You should continue to feel an improvement where your tooth was removed.
- You can aid healing by rinsing your mouth after meals and before bed. A teaspoon of salt dissolved in a mug of water is an inexpensive and easy mouthwash to use. You shouldn't need to do this for more than a few days.

If you need help with anything else, just call us on: 01492 532554