



CARE AFTER EXTRACTION.

If you have had a local anaesthetic, take care not to bite your tongue, lips or cheeks and do not take food which is too hot until the numbness wears off.

It is important to keep the wound clean. **Do not rinse today**, but start tomorrow using warm salt water (one teaspoonful of salt in half a tumbler of warm water), rinsing gently after meals over the next few days.

If you are in pain, take pain-killers such as Paracetamol. If the pain increases during the next few day, please contact your Dentist.

Please be aware there is a risk of **possible bruising / swelling** following extractions.

IMPORTANT: You must avoid hot drinks, alcohol and smoking. Please try to leave the socket alone as bleeding may start again if you disturb the wound. You must not SMOKE as this can slow the healing process and encourage infection.

Should bleeding start again, make a firm pad using either gauze or a clean handkerchief. Place it over the bleeding area and bite firmly for twenty minutes without disturbing the pad. If bleeding continues after this time, contact your Dentist on **01642 624416 / 07979189467**.

OUT OF HOURS CALL 111