

POST DENTAL TREATMENT INSTRUCTIONS

The following steps will help prevent bleeding and relieve soreness.

- REST:** Rest for a few hours following treatment and avoid strenuous exercise.
- RINSING:** Do not rinse for 2 days so that the blood clot does not get lost. After 2 days post extraction, **rinse your mouth gently** after meals and before retiring using a mouthwash made by dissolving ½ teaspoon of salt in a glass of **warm** water. Rinse the solution in your mouth for several seconds, discard and repeat 2-3 times. This should be done for a week.
- FOOD:** Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- BLEEDING:** If slight bleeding occurs, sit upright with head and shoulders raised. Apply pressure using a small pad or gauze or clean linen clamped firmly between jaws for 30 minutes – repeat if necessary.
- PAIN:** Take Nurofen or Panadol for pain relief but avoid Aspirin or Aspirin based medication as they “thin” the blood and can cause more bleeding.
- NOTE:** **No Smoking or alcohol for at least 48 hours after extraction.**

A clean and healthy mouth aids healing.

If excessive bleeding, undue pain or other symptoms occur, contact the Practice for advise without delay.