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AFTER HAVING A TOOTH OUT

- (1) Do not rinse your mouth today, or touch the socket
- (2) Avoid very hot drinks and hot food today
- (3) Avoid exercise today. It may be helpful to sleep with an extra pillow tonight
- (4) Avoid alcohol for the rest of the day

IF BLEEDING STARTS AGAIN

Bite tightly on the piece of pack given for 15 minutes while sitting upright. It may be necessary to repeat this with a clean rolled up handkerchief. If you fail to stop the bleeding, get in touch with the dentist. As the anaesthetic wears off, you may experience some discomfort. If necessary take a mild analgesic (available from the chemist)

THE DAY AFTER the extraction, you should bathe your mouth gently with a mouthwash; this will speed up the healing process. A teaspoon of salt in a tumbler of warm water provides an ideal mouth rinse