

### Take care

As your mouth will be numb for a few hours until your local anaesthetic wears off, try not to bite or burn your lips (with hot food or drinks). It's also advisable not to touch the area around the wound with your finger or tongue.

### Rest

Rest for a few hours following treatment and avoid strenuous activities for 24 hours.

### Eating and drinking

For at least 24 hours, avoid hot drinks and stick to consuming only soft foods and liquids. You can reintroduce your normal diet when you feel comfortable doing so.

### Rinsing

Do not rinse today. As of tomorrow, you can rinse three times daily with warm salt water to promote healing. Dissolve half a teaspoon of salt in half a cup of warm water and bathe the area in the solution for about a minute. Try to rinse gently, not vigorously.

### Bleeding

It's normal for some slight bleeding to occur. If more extensive bleeding happens, sit upright with head and shoulders raised. Apply pressure to the area by biting together firmly using the gauze supplied for 30 minutes, and repeat if necessary.

### Pain and swelling

There is likely to be a little pain or swelling for two to three days. It is advisable to take a suitable painkiller before the anaesthetic wears off. If you have any swelling we recommend applying an ice pack to the outside of your mouth on the affected area, as much as you can for 24 hours after the extraction. If you have had a surgical extraction your dentist will have advised you to expect pain and swelling.

### Things to avoid

- Smoking for 24 hours • Drinking alcohol for 24 hours
- Aspirin or blood thinners, unless prescribed by your GP

**If excessive bleeding, undue pain or other symptoms occur, do not hesitate to contact us for advice on: 01403 252477. If out of hours please call 111.**

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