

INSTRUCTIONS FOLLOWING TEETH EXTRACTION AND MINOR DENTAL SURGERY

Please read this carefully, and ask about anything you do not understand

1. There may be swelling of your face for a few days.
2. Oozing of blood from the extraction site may occur for a few hours. **HOT DRINKS, VIGOROUS EXERCISE AND ALCOHOL** increase the risk of this, and should be avoided.
3. There may be some soreness and stiffness of the jaw for a day or two.
4. To improve comfort and help healing you should:
 - a) Commencing the DAY AFTER surgery, use frequent warm salt water mouthwashes (every two hours if possible – but at least after food)

Mouthwash: 1 teaspoon salt to a tumbler of warm water. Take a mouthful at a time and let it bathe the operation site until it cools – then repeat.
 - b) Take Paracetamol for any pain, or the pain-killers prescribed.
 - c) If prescribed, use the Chlorhexidine Mouthwash, as directed, in the morning and evening for 1 minute (after cleaning your teeth), do not rinse your mouth or drink anything for ½ an hour after using the mouthwash.
 - d) If bleeding occurs pressure should be applied by rolling a clean handkerchief (not tissues) into a pad, placing this over the bleeding point, and biting down onto it. Apply pressure to the site for a full 10 minutes.
5. If you are at all worried or concerned about anything please do not hesitate to contact us.