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**POST DENTAL TREATMENT INSTRUCTIONS**

After a tooth is extracted the socket left behind fills with blood which clots and heals over.

DO NOT DISTURB THE BLOOD CLOT. Do not poke at it with your tongue or finger.

**A clean and healthy mouth aids healing.**

The following steps will help prevent bleeding and relieve soreness:

**PAIN:** After anaesthetic wears off there should be no more than a dull ache present, this may last for 24hours or so. Any pain or soreness can be relieved by taking a suitable NON ASPIRIN containing painkiller. Do not exceed the stated dose. If any severe pain worries you do not hesitate to contact the dental surgery.

**BLEEDING:** When youleavethe surgery the socket will have stopped bleeding. If bleeding occurs sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen clamped firmly between the jaws for 15 minutes - repeat if necessary. If bleeding continues or if you have any concerns please contact the surgery.

**REST:** Rest for a few hours following treatment and avoid physical exertion until the following day at the earliest. If in doubt ask your dental surgeon.

**FOOD:** Do not eat or drink until the anaesthetic has fully worn off and then only eat soft foods. Avoid hot fluids. Drinks such as warm tea are fine but drink them straight back and do not swill them around the socket. Avoid chewing in the extraction area for at least 3 days.

**SOCIAL HABITS:** We advise against consuming alcohol or smoking for the next 24 hours to allow the socket to heal.

**RINSING:** Do not rinse for at least 24 hours after the extraction. After this you should start bathing the socket area with warm salt water. Dissolve a level teaspoon of table salt in a cup of warm water; ensure that the water is not too hot for your mouth. Repeat until you have used all the water in the cup. Do this 3 times daily for at least 3 days. Gently bathe the area (NOT VIGOROUSLY)

**BRUSHING:** Use your toothbrush as normal but take care around the extraction site. It is important that you keep your mouth as clean as possible to allow the area to heal properly.

**If excessive bleeding, undue pain or other symptoms occur contact your**

**Dental Surgeon for advice without delay.**

**Opening Hours:**

**Monday – Friday 9.00am – 1.00pm/2.00pm – 5.30pm**

**Saturday - by appointment only**

**In case of an emergency outside of these hours please contact:**

 **NHS 111**

**Sir Robert Peel Hospital 01827 263800**

**Good Hope Hospital 0121 424 2000**

**Queens Hospital Burton 01283 5666333**

 **Denplan Patients**

**Contact: either**

**0800 844 999 Denplan Helpline**

**Denplan/Private Patients 07731 107470 out of hours emergency number**