

# PORTWAY DENTAL PRACTICE

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## POST DENTAL EXTRACTION/SURGERY INSTRUCTIONS

### TODAY

- REST:** Avoid hard physical activity. If possible go home, sit down and relax for the rest of the day.
- RINSING:** **Do not** rinse or gargle in an attempt to clean out the blood, if it bothers you simply spit it out. Leave the wound area well alone and allow a good blood clot to form.
- EATING & DRINKING:** Avoid very hot food or drink, alcohol, hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid touching or interfering with the wound area.
- BLEEDING:** Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure by placing a small pad of gauze or clean linen directly over the wound and biting firmly onto it for 10 minutes. If this is not successful, repeat for a further 30 minutes.
- PAIN:** This will vary from person to person and will also depend upon the type of procedure undertaken. If you are having pain, take whatever you would normally take for a headache but **not Aspirin or anything containing Aspirin**. Ibuprofen or Paracetamol are usually very effective and may be taken together if a higher level of pain relief is required.

### TOMORROW & BEYOND

- RINSING:** Rinse your mouth with either Corsodyl mouthwash or Hot salty water (half a teaspoon per glass) after each meal and last thing at night. Do this for at least 1 week or longer if your dentist tells you to do so.

**If excessive bleeding, undue pain or other symptoms occur,  
contact the practice for advice without delay.**