

# Care Dental Windsor

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Following these simple instructions will ensure a speedy recovery from your recent dental treatment.

- After local anaesthetics be careful not to bite your lip, tongue or cheeks as they will be numb.
- Avoid smoking for at least 5-6 hours after the extraction.
- It is normal to expect some swelling around the extraction site.

## **BLEEDING**

**Do not rinse your mouth out for at least 12 hours, as this will start the bleeding again.**

If the bleeding does start, place a clean handkerchief over the wound and bite down firmly on it for at least 30 minutes.

## **ON THE DAY AFTER THE EXTRACTION**

**You will need to keep the socket and surgery site clean.**

Dissolve a level teaspoonful of salt in a glass of warm water. Allow this solution to bathe the wound until it is cold. Rinse out and then repeat this with the remaining salt solution in the glass.

Do not rinse too vigorously, as this will disturb the clot.

Continue with this mouth care before and after meals for the next 4-5 days.

## **PAIN CONTROL**

If you have any pain take what you normally take for a headache.

Always read the label and do not exceed the recommended dose in the instructions.

**CONSULT YOUR DENTIST if you have either:**

Persistent bleeding or

Severe pain uncontrolled by painkillers.

If you have any concerns telephone the surgery on 01753 623723 for advice.

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