



INSTRUCTIONS FOR PATIENTS AFTER EXTRACTION

FOR 24 HOURS AFTER TREATMENT

- ONLY DRINK COOL DRINKS
- AVOID HOT FOOD OR DRINKS
- NO ALCOHOL / NO SMOKING
- DO NOT RINSE YOUR MOUTH OUT FOR AT LEAST 48 HOURS – RINSE WITH SALT WATER TO CLEAN THE AREA AFTER 24 HOURS
- IF THERE IS A LITTLE OOZING, BITE ON A GAUZE PROVIDED FOR 15 MINUTES
- IT IS EXPECTED FOR A BLOOD CLOT TO FORM WITH 30 MINUTES OF THE EXTRACTION
- AVOID EXCESSIVE EFFORT AND EXERCISE
- FOR PAIN RELIEF TAKE PARACETAMOL OR NUROFEN AS DIRECTED

FOLLOWING 7 TO 10 DAYS

- SOFT LIGHT DIET
- EXPECT SOME SWELLING BUT THIS SHOULD SUBSIDE AFTER ABOUT 3 DAYS
- DO NOT HOLD ANYTHING HOT AGAINST THE OUTSIDE OF THE FACE

**IF YOU HAVE ANY QUERIES PLEASE ASK AT RECEPTION OR TELEPHONE:
01663 762555**

OUTSIDE SURGERY HOURS PLEASE CALL GREATER MANCHESTER URGENT DENTAL CARE SERVICE: **0333 332 3800**. THIS SERVICE IS AVAILABLE EVERYDAY, FROM 08:00-22.00 INCLUDING WEEKENDS AND BANK HOLIDAYS.