

Peter R. Jones

AND ASSOCIATES DENTAL SURGEONS

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Following your extraction we advise that you:

- Keep your teeth as clean as possible
- Avoid eating on the side where the tooth or the teeth were removed
- Avoid smoking, alcohol and strenuous exercise for 24 hours
- Do not vigorously rinse your mouth out
- **After 24 hours** bathe the area with hot salt mouthwashes (teaspoon of salt in a glass of warm water) 3 or 4 times daily or until healed

Sometimes, minor bleeding can begin again some hours after the extraction, if this happens:

- Place a piece of pack (supplied) over the bleeding area.
- Apply firm, steady pressure by biting onto the pack (or pressing with clean fingers) for 15 minutes. Sit down and rest whilst you are doing this.
- If the bleeding continues for several hours, contact the Surgery for advice.

If you suffer pain when the numb sensation has worn off, we advise that you:

- Take a pain killer that you would normally use for a headache e.g. Paracetamol, Ibuprofen (Nurofen), (**NOT ASPIRIN**).
- Rest as much as possible.
- If pain worsens or continues for more than 24 hours then contact the surgery for advice.

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