



*Ashby Fields Dental Centre*

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[www.getthep perfectsmile.co.uk](http://www.getthep perfectsmile.co.uk)

**Instructions for post-operative care for extractions and surgical procedures**

- 1 - NO SMOKING OR ALCOHOL FOR AT LEAST 24 HOURS.
- 2 - If a swab has been placed, leave it in place for 15 - 20mins to stop bleeding.
- 3 - DO NOT rinse your mouth for the remainder of the day, OR do any vigorous exercise OR consume very hot food or fluid.
- 4 - Starting from tomorrow morning, rinse your mouth after each meal with warm salt water. Boil the kettle, let it cool down, put 1 teaspoon of salt in a mug of warm water and rinse thoroughly for about 1 minute.
- 5 - If bleeding starts again, using the clean spare swab you were given, place over the wound and apply pressure until the bleeding eases. Try not to remove the swab to keep checking as this will dislodge the clot and start the bleeding again. We recommend leaving the swab in situ for at least 30 minutes. If you do not have the swab you can use a clean cotton handkerchief but not toilet roll or cotton wool as the fibres will interfere with the healing process.
- 6 - If you have discomfort when the anaesthetic wears off, you can take pain relief but you must check it contains NO ASPIRIN as this will encourage bleeding.
- 7 - If you are not comfortable with any bleeding or pain from your mouth after the procedure please call the surgery on : 01327 704493