



## **Instructions for care of the mouth following tooth removal or surgical procedures**

Immediately following surgery or tooth removal:

- Avoid eating, drinking, smoking or rinsing your mouth.
- Avoid disturbing the socket or operation site as this may cause bleeding.
- The numbness will last 2-4 hours so take care not to bite your tongue, lip or cheek. Keep small children under observation until all the numbness has gone.

When the numbness has worn off and for the rest of the day:

- Make sure you eat and drink but avoid anything very hot or cold - soft food is better than hard or chewy food.
- Do not rinse your mouth.
- Do not undertake strenuous activity as this may induce bleeding.
- Avoid alcohol and smoking.
- If bleeding starts roll up the clean gauze we supplied (avoid tissues) moistened with salty water, gently clear the clot, then apply to the socket and bite down firmly for 15 minutes while sitting upright. A small amount of bleeding is normal but if bleeding does not stop please contact the practice.
- Brush your teeth normally with toothpaste to keep the whole mouth clean.
- For the first 2 or 3 night's we recommend sleeping with an extra pillow to lift your head to reduce the amount of swelling that may occur.

The next day:

- Rinse gently with warm salty water (half a teaspoon of salt in a glass of warm water) to keep the socket clean and continue to do this for up to a week after meals and before bed.
- Expect some discomfort and swelling for 2-3 days. If necessary take the recommended dose of paracetamol or ibuprofen. Note: do not take ibuprofen if suffer with asthma or gastric issues. If the pain or swelling is excessive or you have any concerns then please contact the practice.

### **IMPORTANT ADVICE FOLLOWING REMOVAL OF UPPER BACK TEETH:**

- Do not blow your nose. Let sneezes out through your mouth for 2 weeks.
- This is to prevent damage to your sinuses.

***Please seek urgent medical advice if you have any of the symptoms listed below:***

- Altered mental state
- Malaise (a general feeling of unwell)
- Shivering and muscle pain
- Failure to pass urine in the previous 18 hours
- Breathlessness and increased breathing
- Increased heart rate and blood pressure
- Non-blanching rash and cyanosis of the skin, lips or tongue

***OUT OF HOURS CONTACT US ON 01637 879889***

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