

Post extraction after care...

- ❖ Always remember that a clean mouth heals more rapidly than a neglected one.
- ❖ Do not take alcoholic stimulants.
- ❖ Rest for a few hours but do NOT lie down.
- ❖ Sleep with head raised above the height of the body.
- ❖ Do not be alarmed if small fragments of bone are felt because these are the edge of the socket and will be absorbed and disappear.
- ❖ Some discomfort after extractions is normal and its' intensity varies from person to person. We recommend that you take a dose of anti-inflammatory pain killers within one hour of the procedure and expect continue these for the following 48 – 72 hours. Do not exceed the stated dose. If the pain is severe, consult us.
- ❖ On the day after the extraction, a warm saline mouthwash may be used to bathe the wound. Do not rinse out the mouth. Take a level teaspoon of salt and add it to a glass of warm water. This may be carried out after each meal until healing is complete.

If Excessive Bleeding Occurs

- ❖ Avoid all exertion.
- ❖ Do not use facial packs or rinse mouth.
- ❖ If there has been more than one extraction, clean the mouth with tissues and see which part of the mouth is bleeding.
- ❖ Use the sterile gauze provided (or some damp cotton wool if you run out) to make a small compress, place on the bleeding point, sit up and bite on it, DO NOT LIE DOWN. Maintain this position for 10-15 minutes and repeat treatment if necessary.
- ❖ Consult the surgery if excessive bleeding occurs for more than a few hours.

DUNSDENTAL PRACTICE

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Monday	09:00 - 18:30
Tuesday	08:30 - 18:00
Wednesday	09:00 - 18:00
Thursday	08:00 - 18:00
Friday	09:00 - 17:00

Please note that the practice is closed
between 13:00 - 14:00 daily

