

amersham dental care

PRIOR TO HAVING YOUR TOOTH OUT.....

1. Make sure you **do not** fast on the day of your extraction.
2. If you feel it necessary, bring a chaperone with you.
3. Continue to take regular medication unless you are specifically told not to by your dentist.
4. Do not plan an over active day on the day of your extraction.
5. If you have any anxieties about your treatment, please discuss them with your dentist.

ONCE YOU'VE HAD YOUR TOOTH OUT.....

1. Avoid rinsing your mouth or drinking for several hours after leaving the surgery.
2. Do not smoke or drink any alcohol for the first 24 hours.
3. Start using warm salt mouthwashes for a minimum of 5 times a day for the next 5 days. Start the day after the extraction. (Teaspoon of salt in ½ cup warm water).
4. Take pain killers as necessary and as directed on the packet. Paracetamol, Codeine or Ibuprofen (assuming they are not contra-indicated for you).
5. If excessive bleeding occurs, moisten some gauze (provided), roll it in to a pad and place firmly on to the socket. Hold it there without disturbing. If the bleeding should continue contact the practice in the first instance for advice, then the emergency dentist on call or present to casualty.
6. Avoid excessive exercise for at least 24 hours after leaving the surgery.
7. Keep your mouth as clean as possible. Regular tooth brushing and rinsing commencing 6 hours after treatment will promote healing.

Please contact us on 01494 725111 if you have any concerns

OR

Out of hours please contact NHS Direct on 0845 46 47