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## **PATIENT INSTRUCTION SHEET FOR AFTER EXTRACTIONS OR ORAL SURGERY**

**Following these simple instructions will help you to recover quickly from dental extraction or minor oral surgery.**

After local anaesthesia, your lips, tongue and cheek will be numb, so be careful not to chew your lip or eat and drink things that may be too hot.

There may be a little oozing. If so bite on a clean rolled handkerchief or kitchen roll for 15 minutes and sit or lie still.

Do not rinse your mouth out for 24 hours after extraction or surgery (just spit gently if necessary) clean the rest of your teeth carefully.

Soft, light food for 24 hours

No alcohol or smoking for 24 hours

Avoid vigorous exercise for 24 hours

After 24 hours you may use a salt water mouthwash and gently rinse.

If necessary, take a painkiller, available from your pharmacist; always remember to read the label. Post-operative swelling is to be expected. Contact us if you have persistent bleeding or severe pain uncontrolled by painkillers.

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