



Instructions for Patients following Dental Operations including Dental Extractions

1. Make a hot saline mouthwash by adding one teaspoonful of salt to a tumbler of hot but not scalding water. Bathe the mouth **gently** with this at least 4 times daily for 4 days, starting at bedtime on the day of the extraction - **NOT BEFORE**.
2. It is important that a blood clot develops in the socket. Do not touch or poke the socket with tongue or finger. If the dentist gives you a cotton or gauze pad to bite on when leaving the clinic, throw it away (into a proper waste receptacle) after 20 minutes. Its sole purpose is to keep your mouth comfortable for few minutes while a blood clot forms.
3. A little blood-stained saliva is a normal consequence of tooth extraction and of no importance. However, if bleeding persists for more than one or two hours, hold a small pad of clean cloth over the socket with gentle pressure for 10 minutes from a finger or from the opposing teeth. If bleeding is very severe, or persists for more than 8 hours, contact the dentist again.
4. Eat soft foods such as minced meat, ice cream and milk pudding for 48 hours after the operation. Keep food on the side of the mouth opposite to the extraction area.
5. If you are given antibiotic tablets or capsules, complete the **FULL COURSE** as prescribed by the dentist. Do not stop when you feel better.
6. Be careful to avoid biting or scalding the area made numb by local (injection) anaesthesia.