

## POST DENTAL EXTRACTION INSTRUCTIONS

### On the day of treatment:

- Apply ice pack to the outside of the cheek for 50 minutes on, 5 minutes off.
- Swab the area with Corsodyl three times a day for three days.
- Strenuous exercise is best avoided for the rest of the day.
- Do not rinse the mouth for at least 24 hours.
- Avoid hot fluids, alcohol, hard chewy foods.
- Choose cool drinks and soft minced foods.
- Should bleeding occur, rinse out any clots, place a swab pad over the socket and apply pressure by closing your teeth together for 30 minutes or until the bleeding has stopped.
- Best to take a pain killer before the anaesthetic wears off then carry on with the advice given by the surgeon.

### The day after treatment

- Rinse the mouth out with warm saline or salt water morning and night and continue to do so until healing is complete. Avoid over-vigorous rinsing as this can unsettle the blood clot.
- Try to use your toothbrush in the normal way to keep your gums and teeth healthy.
- If any pain or bleeding persists, contact the practice.



DR LINDA GREENWALL  
& ASSOCIATES  
SPECIALIST DENTAL PRACTICE

# POST DENTAL TREATMENT INSTRUCTIONS



5 Elm Terrace, Constantine Road, London NW3 2LL,  
T: 020 7267 7070 E: [info@hampsteadhealthcare.com](mailto:info@hampsteadhealthcare.com)  
W: [www.lindagreenwall.co.uk](http://www.lindagreenwall.co.uk)

# POST DENTAL TREATMENT INSTRUCTIONS

## After Local Anaesthetic

- i) Wait until the anaesthetic has worn off completely before eating anything.
- ii) Do not have any hot drinks while still numb as you could burn yourself.
- iii) Do not smoke until the anaesthetic has completely worn off.

## After Root Canal Treatment

- i) You may experience some tenderness up to 48 hours after treatment. If it has not subsided after this please contact the surgery.
- ii) You may need to take painkillers like paracetamol or Nurofen for the first day after treatment
- iii) If the temporary filling comes out please contact the surgery to get the filling replaced.

## After Hygienist visit

- i) Your gums may bleed a little after treatment but make sure you carry on brushing that area, do not avoid it.
- ii) Follow the advice the hygienist has given you for at home care to help keep your gums and mouth healthy.

## After fillings

### Composite and Glass ionomers

- i) These fillings set straight away
- ii) Try to avoid having any tea and coffee or dark coloured foods for 24 hours after the filling has been placed as they are slightly porous and you get staining around these new fillings.
- iii) The filling can sometimes feel a little high after treatment, if this is the case, please scheduled an appointment so this can be adjusted.
- iiii) The gum can be slightly tender after filling, this will settle down in a day or so.

Some teeth may be sensitive after fillings, this can last for up to a month. If after this time the tooth has not settled please contact the practice.

## After Crown and inlay preparations

You have had a crown/inlay preparation today and a temporary restoration has been placed while the permanent restoration is made at the laboratory.

The temporary is cemented with a soft paste so that it can be easily removed afterwards.

- i) Please be careful about anything tough and chewy like toffees, wine gums, chewing gum, granary rolls and steak in the area of the temporary.
- ii) Try to avoid flossing around the temporary restoration as this can pull it out.
- iii) Curry can turn the temporary yellow
- iiii) If the temporary restoration should come out please telephone the surgery so they can be re-cemented.

## After Veneer Preparation

You have had a Veneer preparation today and a temporary restoration has been placed.

- i) Be aware that the temporary is cemented with a soft paste so avoid any chewy or sticky foods that can pull it out or break it
- ii) The temporary veneer is made out of plastic so avoid any high coloured foods while this is in place.
- iii) The gum can be tender for a day or so after treatment, but to continue brushing as normal
- iiii) if the temporary veneer brakes or falls out, please telephone the surgery so we can replace it.

