

POST DENTAL EXTRACTION INSTRUCTIONS

On the day of treatment:

- Apply ice pack to the outside of the cheek for 15 minutes on, 5 minutes off.
- Rest for a few hours.
- Gently swab the area with Corsodyl three times a day for three days.
- Strenuous exercise is best avoided for a few days.
- Do not rinse the mouth for at least 24 hours.
- Avoid hot fluids, alcohol, hard chewy foods and smoking.
- Choose cool drinks and soft foods.
- Should bleeding occur, place a pad made from a clean handkerchief over the socket and apply pressure by closing your jaws firmly together for at least half an hour. Avoid touching the area or poking with your tongue.
- Any pain can be relieved by taking a pain relieving preparation such as ibuprofen.
- If any pain or bleeding persists, contact the practice for advice or Dr. Greenwall on 0208 458 6762.

The day after treatment

- Gently rinse the mouth out with warm saline, rinse a few times during the day and continue to do so until healing is complete. Avoid over-vigorous rinsing.
- Try to use your toothbrush in the normal way to keep your gums and teeth healthy.
- Please contact the practice if you have any further queries.

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POST DENTAL TREATMENT INSTRUCTIONS

For **Dr Linda Greenwall's**
Dental Practice Patients.

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 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 e.g. Nurofen for the first day after treatment
- iii) If the temporary filling comes out please contact the surgery straight away.

After Hygienist visit

- i) Your teeth will feel nice and smooth and clean
- ii) Your gums may bleed a little after treatment but make sure you carry on brushing that area, do not avoid it.
- iii) Use a mouth rinse e.g. Corsodyl for the first few days after treatment which will help.

After fillings

Silver Fillings

- i) These take longer to set so be careful for 24 hours.
- ii) Try not to eat on the side where you had the filling for the whole day.

Tooth Coloured Fillings

- i) These fillings set straight away
- ii) Please try not to have any tea, coffee or highly coloured foods for 24 hours after the new filling have been placed as the fillings absorb water and you get staining around these new fillings.

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 preparations

You have had a crown preparation today and a temporary crown has been placed while the new crown is made at the technician's laboratory. The temporary crown is cemented with a soft paste so that it can be easily removed afterwards. Please be careful about eating chewy food such as toffees, gum, granary bread etc in the area of the crowns. Please do not floss around the temporary crown.

- i) Try to avoid eating anything that easily stains while the temporary crown is in place as it can cause the temporary crown to turn bright yellow or orange. Particularly curry spices.
- ii) If the temporary crown should come out please telephone the surgery immediately so they can be re-cemented.

After Root Planing

- i) Wait until the anaesthetic has worn off before eating.
- ii) Rinse with Corsodyl mouthwash three times a day for 1 week and then stop.
- iii) The area, which was treated, may feel tender for a few days.
- iv) Continue to brush and clean and use the interdental brushes as demonstrated.