

POST DENTAL TREATMENT INSTRUCTIONS

A clean and healthy mouth aids healing.

The following steps will help prevent bleeding and relieve soreness:

- REST:** Rest for at least 24 hours following treatment and avoid strenuous exercise.
- RINSING:** Do not rinse for at least 24 hours. For several days following treatment rinse your mouth *gently* after meals and before retiring using a mouthwash made by dissolving 1/2 teaspoon of salt in a glass of *warm* water. Hold the solution in your mouth for several minutes, discard and repeat 2-3 times.
- FOOD:** Avoid *hot* fluids, alcohol, hard or chewy foods. **Do not smoke.** Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- BLEEDING:** Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen clamped firmly between the jaws for 15 minutes - repeat if necessary.
- PAIN:** Any pain or soreness can be relieved by taking painkillers (**but NOT Aspirin**). Should the wound become very painful after a few days it may not be healing properly and you will need to contact your dentist for an antiseptic dressing.

**If excessive bleeding, undue pain or other symptoms occur contact your
Dental Surgeon for advice without delay.**