

Abington Dental Practice

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POST DENTAL TREATMENT INSTRUCTIONS

A clean and healthy mouth aids healing.

The following steps will help prevent bleeding and relieve soreness:

REST: Rest for a few hours following treatment and avoid strenuous exercise.

RINSING: Do not rinse for at least 4 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. 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: IBUPROFEN OR PARACETAMOL

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