

Following Your Dental Surgery

- No alcohol or smoking for 24 hours. This tends to delay normal healing
- Be careful not to eat anything too hard or too hot on the affected area for a few days
- Do not rinse vigorously
- Do not play with socket
- Be careful not to bite lip or cheek
- Do not exercise for 24 hours. This tends to raise blood pressure and causes prolonged bleeding.
- 24 hours after procedure, rinse mouth gently with warm salt water (one tea-spoon of salt in a glass of warm water) following meals to eliminate food debris from surgical site.
- Two Analgesic tablets (pain killers) to be taken 4-6 hourly as necessary
- You can expect a certain amount of facial swelling and discomfort for up to one week. Limited opening to the mouth should encourage eating of soft healthy foods, e.g. rice, porridge, milk products, fruit.
- If you are in any way concerned about anything during the normal healing stage, please do not hesitate to contact us on any of the numbers below.
- Place a cold pack for the first 24 hours, then switch to a hot pack.

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