



**Everybody
Smile**

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POST-OPERATIVE INSTRUCTIONS MUST BE FOLLOWED

AFTER YOUR PROCEDURE

EXERCISE SHOULD BE AVOIDED FOR 24 HOURS

PROCEDURE: CLEAN/SCALE/FLUORIDE AND RESTORATIONS

Teeth may be sensitive for a short time after cleaning. You should continue normal tooth brushing but avoid very hot or very cold food and drinks.

PROCEDURE: TOOTH EXTRACTION

- To help the mouth heal quicker, the patient should **rest at home for at least the first 24 hours**. Do not eat any hard, crumbly or very hot foods. Avoid grains and rice for at least one week.

Diet next 24 hrs: cool / cold pureed diet. Examples of food:

Mince meat, scrambled eggs, very well-cooked casserole, blended soups, pasta, mashed potato, flaked fish/no bones, protein shakes like Ensure.

- Local anaesthetic will have been used to make the mouth numb before removal of teeth. It's important to ensure the patient doesn't bite or chew their lip, tongue or cheek afterwards. Numbness should not last longer than 8 hours after the procedure.
- **No rinsing or spitting for the first 24 hours**. After 24 hours, gently rinse with warm salty water and regular tooth brushing should commence. If the patient can't rinse, they should have a big glass of water after each meal or snack. It's very important to keep the mouth as clean as possible to get the best and quickest healing.
- Sometimes stitches are used. They are most often absorbable stitches and do not need to be removed as they will dissolve within a week or two.
- Any bleeding from the mouth will have stopped by the time the patient is ready to go home but it is common to have some oozing of blood from the mouth for the next 24 hours. If bleeding persists, it can be controlled by having the patient bite down on the gauze provided, a clean handkerchief, or a face washer.
- If the patient is in any pain, paracetamol or ibuprofen may be given according to the directions. If stronger pain killers are needed, you will be given a prescription before leaving.

If you have any concerns and need urgent advice, please don't hesitate to call 0481 810 200.