



## **Post Operative Instructions Following Treatment**

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

The following steps will help prevent bleeding, and relieve soreness:

### **On the day of the treatment:**

- Rest a few hours, but you do not have to lie down.
- Strenuous exercise is best avoided for a few hours.
- **Do not rinse the mouth for at least 24 hours.**
- Avoid **HOT** fluids, alcohol, and hard or chewy foods. Choose cool drinks and soft foods.
- Try not to smoke for at least 24 hours.
- Should the wound start to bleed, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place on the bleeding point, and bite on it for 5-10 minutes, longer if necessary.
- Taking painkillers such as Nurofen or Paracetamol can relieve any pain or soreness.
- If prolonged bleeding or pain occurs, contact your dentist.

### **The day AFTER the treatment:**

- It may be beneficial to use an antiseptic rinse recommended by your dentist or a warm saline mouthwash to bathe the wound.
- This may be carried out after each meal until the healing is complete. The solution should be held in the mouth for two to three minutes to bathe the wound and then be discarded. Avoid over-vigorous rinsing.
- Taking Nurofen or Paracetamol can treat continuing mild pain.

**IF IN DOUBT PLEASE CONSULT YOUR DENTIST OR CALL THE PRACTICE ON 01332 280557**