



MORPHETT ST
Family Dental

13 Morphett St, Mt Barker SA 5251

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INSTRUCTIONS TO PATIENTS FOLLOWING DENTAL EXTRACTION

Bleeding	<p>A small ooze of blood is common for the first 12-24 hours If bleeding is heavy or persistent:</p> <ul style="list-style-type: none">- Gently rinse out your mouth with cold water- Place a clean damp gauze pack or similar over the bleeding area and bite firmly on the pad for 20-30 minutes- Bed rest with the head slightly elevated <p>Place a towel over your pillow at night, as there may be some oozing during the night If bleeding persists or is severe, please contact the practice.</p>
Bruising	<p>Bruising may occur as the swelling starts to subside</p>
Diet	<p>Avoid hot foods and liquids Choose lukewarm liquids and soft foods and chew away from the wound site A gradual return to a normal diet is recommended</p>
Discomfort	<p>Discomfort will always occur with varying intensity. Take the recommended dose of analgesics (pain killers) as recommended by the dentist. Discomfort should decrease noticeably after 2-3 days with a resultant decrease in the need for analgesics.</p>
General	<p>AVOID consuming alcohol for at least 24 hours DO NOT smoke as this will lead to infection Your lips, tongue and cheeks may also be numb, be careful not to bite them</p>
Infection	<p>Infection is uncommon following dental extraction and if it does occur it will show itself later (after 3-5 days) with an increase in swelling and/or discomfort and/or the onset of a discharge. Please contact the practice if this occurs.</p>
Mouth care	<p>Oral hygiene is very important and promotes rapid healing and resolution of discomfort. Commencing the day after, brush teeth gently with a soft brush, gently rinse your mouth out with warm salty water following each meal morning and night.</p>
Stiches	<p>If stiches are used, a review appointment will be made 7-10 days following for suture removal.</p>
Swelling	<p>Swelling is a normal response and can vary depending on the site and difficulty of the extraction.</p>
Work	<p>Avoid strenuous work or exercise for the day</p>