



INSTRUCTIONS AFTER HAVING A TOOTH/TEETH OUT

Today:

- Do not spit or rinse your mouth.
- Do not touch or play with the hole where the tooth was.
- Do not bite, suck, or scratch your lips, cheeks, tongue or any other part of your face that feels numb or 'different'.
- Do not have hot foods or hot drinks. Do not suck through a straw.
- Avoid drinking alcohol for the next 48 hours. This can affect the healing.
- Avoid smoking for the next 48 hours. This can affect the healing.
- Rest for the day.
- Eat soft food.

Tomorrow:

- After eating, rinse your mouth with a glass of lukewarm water with half a teaspoon of salt added. Do this 3 times per day for 7 days.
- Gently brush the rest of your teeth to keep them clean.

Stitches:

- You have/have not had stitches.
- Stitches will fall out by themselves (usually within 4 weeks)/stitches will need to be taken out.

Pain:

- If you have pain, you can take paracetamol (i.e. Panadol) for pain relief.
- If you still have pain after 2 days, contact the dental clinic on 03 8470 1111.

Bleeding:

- If it bleeds, place the gauze given to you over the hole and bite for about 30 minutes.
- If bleeding does not stop, contact the dental clinic on 03 8470 1111.

If you need help:

Contact the dental clinic on 03 8470 1111. For after-hours care, you can contact:

- Royal Dental Hospital of Melbourne on 03 9341 1000
- Your closest Hospital Emergency Department.

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Dentist / Dental Therapist / Oral Health Therapist

Date: / /