

# **BMB Dental clinic**

**2/4 Bungan street, Mona vale, NSW, 2103**

**Phone: 02 8411 1366**

**[www.bmbdentalclinic.com.au](http://www.bmbdentalclinic.com.au)**

## **After you have had a tooth or teeth extracted**

Advice to dental patients: adults and children

- 1) To help your gums heal quickly, rest at home for the first 24 hours.
- 2) Do not smoke for 24-48 hours.
- 3) Do not rinse your mouth for 4 hours. Then mix one teaspoon of salt with 600ml of cool water and use as a mouth wash every 4 hours if necessary.
- 4) Do not drink alcohol for 24 hours as this may increase bleeding.
- 5) Wait until the anaesthetic has worn off before you eat or drink anything hot.
- 6) Take care not to bite or chew your lip or gum while you can't feel it.
- 7) Avoid heavy exercise for 24-48 hours to prevent too much bleeding.

## **What to do if your gum bleeds a lot**

Remove the wrapping from the gauze pad provided by the dentist, place the pad on the socket and bite down firmly on it, for at least 15 minutes.

**IF URGENT HELP IS NEEDED PLEASE CALL US ON**

**02 8411 1366**

