

INSTRUCTIONS AFTER HAVING A TOOTH OUT

1. Please do not spit
2. Do not rinse out your mouth
3. If you go home and bleeding starts,
 - a) fold a linen handkerchief
 - b) put it **OVER** the socket
 - c) bite on the handkerchief to stop the bleeding for 20 minutes.

The wound is like cutting your finger. You have to put pressure on it to stop the bleeding.
4. You can eat and drink whatever you like on the other side, when the anaesthetic wears off **NOT BEFORE.**
5. You may take a painkiller (whatever you normally take, say for a headache,) if it is a bit sore.
6. If you want to do hot water and salt mouth baths, this can be done **24 Hours** after the extraction.
7. If all the above fails, please contact the surgery.