

Harbour Dental - Patient information leaflet

After an extraction: bite gently on the gauze for 30 minutes.

Do not rinse, spit or drink through a straw for 24 hours.

Avoid hot drinks and alcohol on the day of the extraction.

From the next day, rinse gently with warm salt water after meals.

Some oozing is normal; if bleeding does not stop after an hour of firm pressure, call the practice on 01 555 0142.

Page 2 - Pain, swelling and when to worry

Take paracetamol or ibuprofen as directed on the packet; avoid aspirin.

Swelling peaks at about 48 hours and settles over a week.

A dry socket - severe pain three to five days after an extraction - needs a visit; ring us and we will see you the same day.

Stitches, if used, dissolve on their own within ten to fourteen days.

Page 3 - Whitening aftercare

Wear the trays for the time agreed, usually two hours a day for fourteen days. Expect mild sensitivity; a sensitive toothpaste helps. Avoid tea, coffee, red wine and smoking during treatment and for 48 hours after the last application.