


# 1. Today

## Happy Dentists



Use Gauze for 30 mins if excessive bleeding




No hot drinks or hard food while numb



Numb lip or tongue. DON'T BITE



Pain is normal, Follow Dentist's advice



Eat Cold & SOFT types food today & tomorrow



NO Spitting, rinsing or sucking straws



No Smoking or Alcohol





Rest, avoid strenuous exercise





If significant bleeding call us or go to the hospital

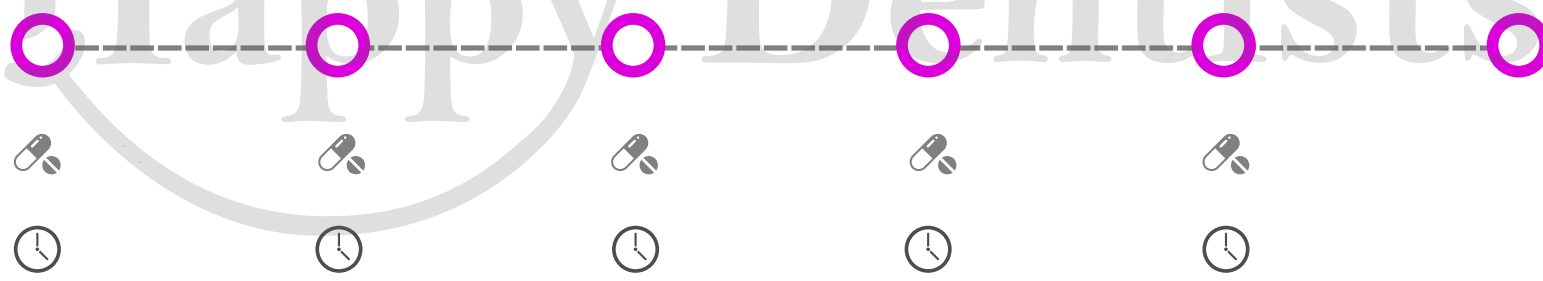
## Pain Management

 = Amount and Name of Medication

 = Time when medication was taken

Example:  2 x Nurofen 200mg

 2:30 pm




## 2. Tomorrow

(24 hours from the tooth removal) 🕒



1 tsp of salt + warm water for rinsing




Gently rinse after eating & before bed




Start brushing your teeth gently



No smoking or alcohol



Extreme pain or swelling, continual bleeding-worried?



Contact the clinic or go to the nearest hospital

Happy Dentists



Dry socket is a painful condition that can occur 2-4 days after an extraction lasting for a few weeks. It is the result of a blood clot at the site being dislodged or dissolved before the wound has healed.



## Pain Management

