



## AFTER CARE

Great care is taken to ensure your treatment is carried out with minimal trauma. By following these instructions healing should be uneventful.

While you are still numb avoid biting your lip or tongue. When the feeling returns you may take pain relief capsules or tablets (liquid for children) to ease any discomfort. Ibuprofen and Paracetamol are usually effective. Read the labels carefully. Do not disturb the area or rinse out. Avoid alcohol or exercise. Eat soft foods and keep well hydrated.

Starting tomorrow rinse out gently with warm salty water.

If bleeding should occur place the pack provided (or a clean handkerchief) over the socket and bite firmly for ten minutes. Please sit quietly in a chair. A little blood is normal, heavy bleeding is extremely rare.

If you are still worried ring NHS Direct 111.

**01276 474702**

**[www.orchardcottage dental.co.uk](http://www.orchardcottage dental.co.uk)**

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