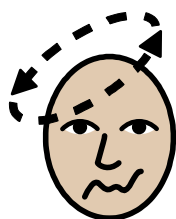
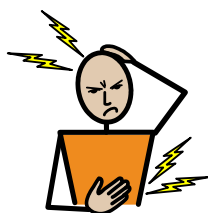


Care after my hospital visit

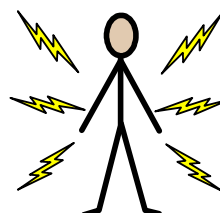
How may I feel?



Dizzy



Sick



Pain

You must:



Rest



Drink Water



Brush Teeth

Avoid:



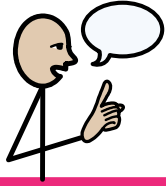
Exercise



Spitting



Hard Foods

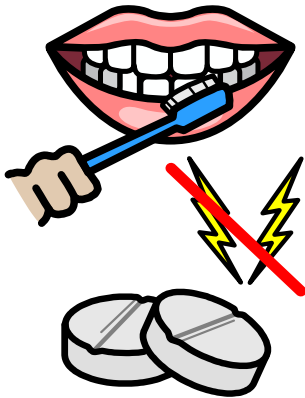


Post Extraction Instructions

On the day:

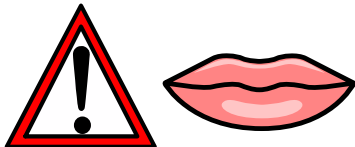


Eat Soft foods



Gently brush your teeth

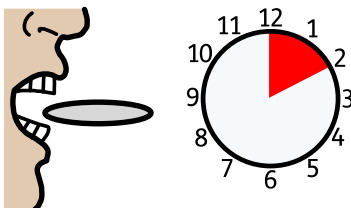
Take regular painkillers



Avoid biting cheek and lips

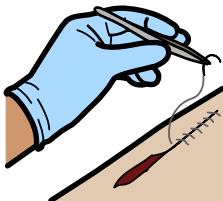
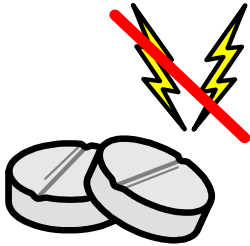
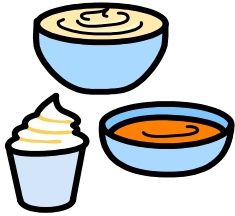


Do not rinse



If active bleeding, bite firmly on clean gauze for 10 minutes

For the next 2 days:



Eat Soft foods

Take regular painkillers

Gently brush your teeth

Mouthwash with warm salty water 2-3 times a day

Leave the stitches alone, they will disappear in 3 weeks

If you have any concerns, call us on:

0300 247 0085

