



Instructions following extraction of teeth with local anaesthetic

- Avoid : Rinsing out
Very hot drinks
Spirits
Hard foods
Smoking
Strenuous exercise } for at least 12 hours
- Try to eat on the other side of your mouth.
- Avoid biting the numb area.
- If bleeding starts again, roll up a clean cotton handkerchief, place it over the socket and apply pressure by biting on it for 15minutes.
- To reduce the chances of pain take some painkillers, paracetamol or ibuprofen, before the numbness wears off.
- **After 12 hours** rinse frequently after meals with hot salty water.
- If pain or bleeding is excessive, please do not hesitate contact the practice on the usual number.

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