

## INFORMATION ON CARE AFTER TOOTH EXTRACTION

Keep a gauze compress on top of the socket where the tooth was extracted for about 15 to 30 minutes.

You must not eat anything for two hours after the tooth extraction.

Leave the wound to heal; do not rinse or suck it.

Avoid smoking and eating or drinking hot foods/drinks on the extraction day.

If you think the bleeding is too heavy or continues for too long, fold some gauze tightly into a compress and press it on the socket. Bite your teeth together for half an hour. If the wound still bleeds, change a fresh compress and bite it for another 30 minutes.

If you have post-operational ache following the extraction, you can take any over-the-counter painkillers or prescribed analgesic that works for you. Do not exceed the recommended daily dose.

Start your oral hygiene routine a day after the procedure. Brush your teeth in the normal manner except for the extraction site. If necessary, you can use Corsodyl or Paroex rinse for about a week to reduce bacteria in your mouth.

### If problems occur:

If the bleeding does not stop, the ache becomes intolerable, your cheek swells up or you get a fever (above 38 °C), contact the dentist who operated you tel. \_\_\_\_\_ or call weekday evenings, weekends and on bank holidays tel. 116 117.

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