



## CARE OF THE MOUTH AFTER EXTRACTION

1. Do not wash your mouth out for 4 hours after the extraction or you will wash the blood clot out of the socket and cause yourself pain.
2. Four hours after the extraction you may start to wash out your mouth; it is important to keep your mouth clean so that the wound may heal quickly.
3. Fill an ordinary tumbler/cup with hot water. Dissolve a level teaspoonful of common salt in it. Allow the hot water to cool until you can use it in your mouth without burning yourself. Take a mouthful, hold it over the wound and keep in there. When the heat begins to go out of it, spit it out and take another mouthful and hold it in the same way. Keep doing this until you have used all the salt water. Repeat this at least 3 times for 3 or 4 days. You should use your toothbrush in the normal way.
4. Should bleeding occur, rinse out any clots with cold water and apply pressure over the bleeding point with a pad made with clean folded handkerchief or cotton wool. Pressure is best applied by biting on the pad and should be kept up for at least half hour.
5. You should, however, inform your dentist by telephone immediately if you have persisting bleeding, an increase in swelling or pain.