

JD Dental Care

32, High Street
High Wycombe

Instructions after dental treatment

1. DO NOT RINSE your mouth for the next 2 hours. If you do rinse, the blood clot may be rinsed away and bleeding will start again.
2. DO NOT smoke after you have your extraction as smoking delays healing
3. DO NOT drink alcohol after you have your extraction
4. DO NOT take excessive exercise after the extraction

You should expect to experience some pain and discomfort after you have your extraction, we recommend that you take painkillers soon after the extraction. If the pain becomes too severe and has continuous throbbing after 24 hours please call the practice for an appointment.

If bleeding does occur, fold up a handkerchief to make a pack, place in the socket and bite on it for at least 15 minutes. If excessive bleeding continues, please call the practice on 01494 528700 and ask for an emergency appointment with your dentist. If the practice is closed please call the after hours number on 0845 6020703. if you are a denplan patient please call 0800 328 3223.