

Easy read

After your tooth has been removed

Dental sedation and special care department



After your tooth has been removed, your mouth may feel sore.



You can take medicine to help with the pain.



Try to relax for the rest of the day.



It is common to have a small amount of blood in your spit.



If your mouth starts to bleed, roll up the **gauze**.

Gauze is the thin material that we give you to help with your wound care.



Bite on the gauze for 30 minutes and the bleeding should stop.



If the bleeding does not stop or you are in pain, call us on 020 7188 6066.



Do not rinse your mouth for the rest of the day.



Do not lift anything heavy or do any exercise for the rest of the day.



Do not put your fingers or anything else in the hole.



Have soft food or drink for the rest of the day.
Examples are soup, smoothies, mashed potato or yoghurt.

Speak to someone



If you are worried or have questions, you can speak to someone.



Call us on 020 7188 6066.

We are open from Monday to Friday, 9:15am to 5pm.



Email
gst-tr.dentalfloor26followup@nhs.net

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A list of sources is available on request