

## After having teeth taken out

For a day after **do not:**

Rinse the mouth.



Play active sports.



Poke the wound with your tongue or finger.



If your mouth bleeds:

fold up a clean handkerchief to fit where the tooth has been taken out



bite hard onto it for 15 minutes.



If bleeding does not stop seek advice.



## After having teeth taken out



If you have had a local injection do not bite where the mouth is numb.



Avoid hot food and drinks until the feeling comes back.



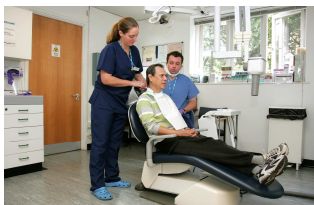
The **next day** you can



Put some salt in water and rinse your mouth.



Brush your teeth.



If you are in pain call your dentist.