



Post Tooth Removal / Minor Oral Surgery - Care Instructions

Please do follow these following instructions to ensure you have a speedy and uneventful recovery experience:

- 1) Please do not spit, rinse your mouth, drink or eat for the first 2 hours after treatment. Do close your lips and swallow your saliva.
- 2) If a cotton gauze has been placed by your dentist, please maintain a gentle bite over the cotton gauze for 1 hour. Minimise movement of the gauze. Close your lips and do swallow your saliva. After 1 hour, remove the gauze and throw it away. There is no need to replace the gauze with a new one. For the 2nd hour, please do not spit, rinse your mouth, drink or eat.
- 3) After 2 hours, you may have some soft, easy to chew foods. Do allow hot foods to cool down before eating. Please do eat slowly and gently to minimize accidental biting of your lips / tongue. Please then take your prescribed medications.
- 4) Do note that having some taste of blood in the mouth (from the treatment site) is normal for the first 1 – 2 days.
- 5) If stitches were placed, please do not brush the treatment area for 2 weeks until the stitches are removed. Instead, use the prescribed antiseptic mouthwash to 'soak' the treatment site for 1 minute each time, 3 times daily.

If you have any questions or concerns about your recovery, please do not hesitate to call us at 62222641 or WhatsApp us at 81322784. We are here for you!

From all of us at Newlife Dental Practice, we wish you a speedy recovery!

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