

Browns Plains Dental Centre

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WHAT TO DO AFTER YOUR PLATE IS INSERTED

1. Keep biting on the plate that was put in at the time of the extraction for 30 minutes.
2. Don't have anything to eat, drink or rinse out for 2 hours, after your two hours are up, use some warm salt water as a mouth wash, this will help everything heal up as soon as possible.
3. Don't have anything too hot or too cold, because doing so could make it ache or bleed unnecessarily.
4. Panadol or Panadeine should be all that is needed for pain relief, if you find this insufficient, contact the surgery.
5. DO NOT USE ANY MEDICATION CONTAINING ASPIRIN, as this will increase the bleeding time.
6. No smoking until tomorrow.
7. There is a black fibrous material that has been put into the socket, your body will use this material to form a blood clot, it will give you a medicinal taste for a couple of days, what your body doesn't use to form a blood clot will rinse away in a couple of days, the rest will stay up in the socket and aid the healing process.
8. If you find you are having trouble with bleeding, try to keep pressure on the plate by clenching your teeth together for 20 minutes or so, and this should slow the bleeding down.
9. If you have any questions, please feel free to contact the surgery.

APART FROM A COUPLE OF VERY LIGHT RINSES, PLEASE TRY TO KEEP YOUR PLATE IN OVERNIGHT, AND UNTIL YOUR FOLLOW UP VISIT IN THE MORNING

Thank You!