

## Fortwilliam Clinic

### Emergency Out of hours:

Belfast City Hospital Dental Pain Clinic

Tel: 02890 638486

Weekdays 19.00 – 22.00hrs

W/ends & Bank Holidays 10.00am – 13.00 & 19.00 – 22.00

## Ballymena Clinic

### Emergency Out of hours:

Dalriada Emergency Dental Care

Tel: 02825 663510

Weekdays 18.30 – 21.30

W/ends & Bank Holidays 9.30 – 12.30

### Instructions Following Surgical Dental Treatment

1. The local anaesthetic may last for 2 – 4 hours. Take any recommended painkillers available from a chemist prior to this wearing off so that there is no delay in their action. Continue to take these as necessary but do not exceed recommended doses. If the dentist has given you a prescription, please start taking immediately.
2. There may be some post-operative bleeding. If this continues, bite on the gauze supplied or a clean piece of cloth for half an hour or until it stop.
3. If you have left the practice with gauze in place, leave this there for the recommended time and then dispose of it in a rubbish bin or toilet.
4. Do not rinse the site for approximately 12 hours. Then, to encourage healing, it is recommended to gently rinse your mouth with warm salty water (¼ teaspoon of salt into a glass of warm water), spitting out as you go. Do this 5 – 6 times per day for 4 – 5 days.
5. Do not physically exert yourself for 24 hours.
6. Alcohol and smoking will delay the healing and potentially cause unnecessary discomfort. Please avoid for 3 – 4 days.
7. Swelling or bruising may occur. If this occurs it will normally be apparent within 24 hours and resolve over the next few days.
8. If an implant or implants have been placed, please avoid chewing on these as per instructions.
9. Any stitches placed in the mouth will dissolve away naturally unless your dentist has told you otherwise.
10. Should continuous bleeding occur or events other than what you would consider normal following the procedure, please contact Fortwilliam or Ballymena clinic or the Out of Hours clinic at the Belfast City Hospital (details above).