



Huwaran Dental Clinic

Emergency Dental Care Aftercare Guide

What to Expect After Emergency Dental Treatment

- Some discomfort, swelling, or sensitivity is normal after urgent dental care.
- Bleeding may occur for a few hours, especially after extractions or trauma care.
- Follow your dentist's specific instructions carefully to promote healing.

General Aftercare Tips

- ✓ Rest and avoid strenuous activity for at least 24 hours.
- ✓ Apply an ice pack on the outside of your cheek for 15 minutes at a time to reduce swelling.
- ✓ Take prescribed pain relievers or antibiotics as directed.
- ✓ Avoid hot drinks, hard foods, and alcohol for the first 24 hours.
- ✓ Do not smoke, as it delays healing.

Oral Hygiene




- Brush teeth gently, avoiding the treated area for the first day.
- After 24 hours, rinse your mouth gently with warm salt water ($\frac{1}{2}$ teaspoon salt in 1 cup water) several times a day.
- Avoid vigorous rinsing or spitting to prevent disturbing the healing area.

When to Call Us Immediately

- Excessive or prolonged bleeding that doesn't stop after applying pressure.
- Severe pain not relieved by medications.
- Signs of infection such as fever, swelling that worsens, or pus discharge.
- Difficulty breathing or swallowing.

We're Here for You

If you have concerns or your symptoms worsen, contact Huwaran Dental Clinic:

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