



The Old Malt House Dental Practice  
Telephone: Sturminster Newton (01258) 473397

### **PRE-OP INSTRUCTIONS**

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

- Your treatment will be done using local anaesthetic.
- Please make sure that we know of any medications that you are currently taking.
- DO NOT change any medications prescribed by your doctor (unless otherwise informed to do so by us)
- Eat and drink normally on the day of treatment.
- You may feel sore after the numbness has worn off. Have some painkillers at home ready in case you need them. (Paracetamol or ibuprofen – avoid aspirin as this can hinder the clotting process).
- You may find it beneficial to bring a friend with you to escort you home.
- We advise not to cycle to the appointment as we suggest avoiding strenuous exercise after the extraction/surgical procedure.

**If you are unsure about anything – please ask!**