



Centraal Orgaan opvang asielzoekers



### **After you have undergone endodontic treatment....**

1. It is normal that there is some pain due to disinfection and amputation pain (phantom pain).
2. Can you take a **paracetamol** for pain relief in case of pain.
3. Contact your dentist if:
  - You have severe shooting pains when eating or biting down 48 hours after the treatment.
  - There is a significant swelling (this will perhaps require a course of antibiotics)

### **Once you have undergone a surgical procedure (tooth or molar extraction)....**

1. You may take **Paracetamol** if you are in pain.
2. You should not take Aspirin in case of pain, because of the blood-thinning effect (risk of hemorrhaging).
3. Eating and drinking is allowed, but make sure that it is not too hot. Eating yogurt/custard is not recommended.
4. You should not rinse your mouth or touch the wound with your tongue.
5. It is better to chew your food on the other side for 2 to 3 days.
6. If you are a **smoker**, you should smoke as little as possible throughout the day.
7. **In case of hemorrhaging, call the dentist again.**  
However, you should not confuse this hemorrhaging with a taste of blood in the mouth; that is normal.