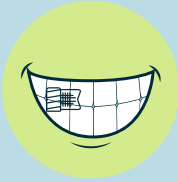


Just had your tooth out?
**How to take care of yourself
TODAY**



Use gauze for 20 minutes



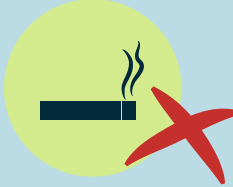
You can eat soft food
after _____



Rest



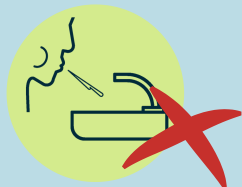
Don't touch the extraction
area



Don't smoke



No hot drinks or hard food
for 24 hours



Do not rinse or spit today



north richmond
community health
Wulempuri - Kertheba

Just had your tooth out?
**How to take care of yourself
TOMORROW**



Make salty water by mixing 1 teaspoon of salt with a glass of warm water



Gently rinse and spit with luke warm salty water after each meal



Worried about bleeding, swelling, pain or feeling unwell?



Call us:
Richmond 9418 9873
Fitzroy 9411 3505

North Richmond Community Health
📍 23 Lennox Street, Richmond 📞 9418 9800 🌐 www.nrch.com.au

In an emergency contact the Royal Dental Hospital on 9341 1000