



ADVICE FOR PATIENTS FOLLOWING DENTAL EXTRACTION

You have just had your tooth or teeth removed and it's very important that you follow the instructions given below.

The extraction site is like a wound in your mouth and will take time to heal. However, with proper care, it will heal progressively without complications.

Continue to bite on the cotton pack for the required time you were told.

PAIN RELIEF: You may experience bruising, discomfort or even swelling and may need to take some pain killers. Avoid aspirin as this may make you bleed.

You may feel a sharp edge of a socket with your tongue and small fragments may work loose. This is normal.

In the first 24 hours after extraction **AVOID**

- Mouth rinsing, Spitting
- Hot Food, Hot Drinks
- Alcohol, Smoking (72 Hours)
- Exercise

Avoiding the above will prevent the protective blood clot in the socket from being dislodged.

MOUTH RINSE: Keep your mouth as clean as possible. **About 24** hours after the extraction, use warm salt-water rinse (add a level teaspoon of table salt to a cup of warm water). Gently tilt your head to move the salt water to the extraction site and allow it to stay for about a minute. Repeat the process about 3 times. This should be done every 6 hours and after meals for about **a week**. Avoid swallowing salt water.

BLEEDING: Following surgery if bleeding occurs, apply direct pressure by biting on the cotton packs provided or on a clean rolled up handkerchief and rest, sitting in an upright position. Ensure the rolled pack is located directly on the bleeding area.

If bleeding persists or you are worried about the socket getting infected, please call the practice for advice on **02084460550 / 07580836976**

If bleeding persists and the practice is closed please get to the hospital straight away.