

AFTER EXTRACTION INSTRUCTIONS

- ❖ A clean mouth heals more rapidly than a dirty one so start brushing again as soon as possible. 'Spit don't rinse'.
- ❖ Avoid vigorous exercise today. You should rest, but not lie down flat.
- ❖ When you go to bed at night, sleep with your head raised (blood stains on your pillow are normal and so you may wish to cover your pillow, perhaps with an old towel).
- ❖ You are likely to feel uncomfortable after the extraction. If necessary use suitable painkillers at home, such as paracetamol or ibuprofen as advised by the dentist.
- ❖ Where local anaesthetic has been used, you will feel numb. Take care to avoid biting or burning your lips, tongue or cheeks.
- ❖ Do not rinse out your mouth today.
- ❖ Starting tomorrow, use a warm salt water mouthwash. Take a level teaspoonful of salt and add it to a glass of warm water. Use this to bathe the extraction site/s. You must do this after every meal and at bedtime. Do not rinse vigorously.
- ❖ If you are a smoker, please avoid smoking for 48 hours after the extraction to enable healing to occur.
- ❖ Avoid alcohol for the rest of the day.
- ❖ Do not be worried if you feel small pieces of bone at the extraction site. These will go with time.
- ❖ Occasionally, a painful infection may occur in the tooth socket a few days after the extraction; this is unpredictable. Please telephone for advice on **0333 405 0290**.
- ❖ If the area becomes swollen or you are worried about how the socket is healing, please telephone for advice on **0333 405 0290**.
- ❖ Please make arrangements for a regular check-up with a dentist.

IF EXCESSIVE BLEEDING OCCURS:

- **Avoid all exertion. Sit down but do not lie down.**
- **Clean your mouth with a damp cloth or handkerchief to see which part of your mouth is bleeding and spit out, but do not rinse.**
- **Take a damp handkerchief or piece of cloth and make a small pad. Place it on the bleeding point. Sit down and bite firmly on the pad. Maintain constant, steady pressure for 30 minutes.**
- **If the bleeding continues for more than 2 hours, contact us on 0333 405 0290.**