



POST-OPERATIVE INSTRUCTIONS FOLLOWING DENTAL EXTRACTION(S):

After a tooth has been extracted, the socket will usually bleed for a short while, following which a clot will form. You will not normally leave the surgery until this stage of clot formation has been reached. These clots are easily disturbed and if this happens, further bleeding will occur. To avoid this, it is wise to take the following precautions:

On the day of the extraction(s):

- Do not rinse your mouth with water or mouthwash for at least 24 hours.
- Do not disturb the clot with your fingers or your tongue.
- You may drink water, tea, coffee etc. after the extraction, but avoid very hot drinks.
- Avoid eating for 4 hours after the extraction and try to chew on the opposite side for three days. Avoid nuts, seeds etc. as they can get stuck in the socket.
- Avoid vigorous exercise.
- Avoid alcoholic drinks.
- Brush your teeth in the evening but avoid brushing the healing extraction site.

Discomfort and mild pain might be experienced after a tooth extraction and can be relieved by the pain killer of your choice ie. Paracetamol, Ibuprofen etc.

If further bleeding does occur, do not be alarmed as a little blood can mix with saliva and look like a lot of blood. Make a pad out of a handkerchief or a couple of cotton wool rolls, dampen slightly with water and place across the socket. Bite down hard for ten minutes whilst sitting up. This should stop the bleeding; if it does not, repeat the process once more. If bleeding continues after applying pressure for twenty minutes, please contact the dental surgery.

24 hours after the extraction(s):

- Dissolve half a teaspoon of salt into a mug of hot water (the same temperature as a hot cup of tea). Take one mouthful and tilt your head so that the hot saltwater bathes the affected area. Hold the salt water in your mouth for 2 minutes. Repeat this after each meal for three to four days.

If you experience severe pain, or pain that lasts for more than 24 hours, please contact the dental surgery on **01392 439268**.