



Post Extraction Advice

You will need to look after yourself carefully after you have had a tooth taken out, as with any operation, to speed up healing and prevent infection. This is advice to help you know what to expect and do as your mouth recovers.

General advice -

- For the first 24 hours, don't drink alcohol, smoke, eat hot food or disturb the clot (avoid touching the hole or site with your tongue, finger or other objects), which has formed in the hole left by the tooth, because this may cause the socket to start bleeding again. Avoid exercise for the remainder of the day.
- Don't rinse your mouth for 24 hours after the extraction.
- After 24 hours rinse very gently with warm salty mouth wash. Continue to do this for at least 1 week after meals and before bed as this will help to keep the socket clean. Use half a teaspoon of salt in a glass of warm water.
- Brush your teeth normally with toothpaste to keep the whole mouth clean.
- If you feel pieces of bone working their way out of the socket, don't worry - this is normal.
- Some swelling or discomfort in the first 2-3 days is also normal.
- Take pain killers if you need them (as you would for a headache). Ask your dentist for advice if you are unsure of what to take.

If the bleeding does not stop -

- Use the gauze pack given by the dentist, place over the socket and bite down hard for at least 15 minutes.
- Take the pack off and check to see whether it has stopped bleeding. If not use another pad. (Remember the blood in your mouth is mixed with saliva so will look worse than it is).
- If the socket is still bleeding after two hours contact your dentist.

Remember -

If you follow these instructions, your mouth should heal normally, without becoming infected. However, if anything in your mouth worries you, please contact the practice.