



## Advice after extraction

Avoid cycling or excessive exercise for several hours. Ideally rest by sitting and use an extra pillow for the first night.

Do not drink anything alcoholic for the first 24 hours and avoid smoking

Take any pain-killing tablets as advised by your dentist. Follow any instructions on dosage carefully.

After six hours rinse your mouth gently with a warm salt solution (level teaspoon of salt to cup of water) and continue after meals and before bed for seven days, or as advised by your dentist.

You may feel the sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.

Try not to disturb the socket with your tongue, be eating food on that side, or by vigorous rinsing. This will delay the healing process.

Severe pain starting a few days after the extraction is a sign of an infection in the socket, if this happens, please contact the surgery as soon as possible.

## IF EXCESSIVE BLEEDING OCCURS

1. Use some clean linen or gauze to make a 1" (2.5cm) thick roll, thus forming a firm pad
2. Keep sitting up and clear the mouth of loose blood clots with clean linen square or tissue so that you can find where the socket is bleeding. This is important.
3. Place the pad across the bleeding socket from the tongue to the cheek side. If the socket is between two standing teeth constrict the pad to fit.
4. Bite firmly to compress the pad on the bleeding socket for 10-15 minutes. Avoid lying down.
5. Inspect the socket and replace the pad, or use another one, if bleeding still appears from the socket.
6. If your efforts are unsuccessful after an hour or two contact your dentist.
7. It is not unusual to experience swelling or discomfort for a few days. However, if pain, swelling or bleeding persists, contact your dentists.

But remember, if excessive bleeding does occur it is important to avoid exercise, drinking alcohol or disturbing the socket.

## EMERGENCY

NHS patients please call your regular dentist, if necessary they will ask you to come back to us (depending on the emergency). If it's out-of-hour their answer phone will advise you were to get out-of-hours treatment.



If you are not registered at a practice please call NHS 111 or the local NHS England Area Team helpline, which is: 0203 182 4993. NOTE: You should use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation.

Call 111 if:

- You need medical help fast but it's not a 999 emergency
- You think you need to go to A&E or need another NHS urgent care service
- You don't know who to call or you don't have a GP to call
- You need health information or reassurance about what to do next

For less urgent health needs, contact your GP or local pharmacist in the usual way.

For immediate, life-threatening emergencies, continue to call 999.