

AFTER YOUR DENTAL EXTRACTION

THE FIRST 24 HOURS

- **Do not rinse or spit.** This will encourage more bleeding and increase the risk of poor healing. Drink water to refresh your mouth if needed.
- **Avoid excessive exercise** e.g. cycling. Ideally rest by sitting for the rest of the day.
- **Do not drink alcohol** (24 hours) **and avoid smoking** (72 hours).
- **Avoid very hot food or drink.**
- **Take pain-killer tablets** as advised by your dentist. Follow dosage instructions carefully.
- Use an **extra pillow** for the first night to help reduce bleeding.

AFTER THE FIRST 24 HOURS

- **Hot salty water mouth baths** (a teaspoon of salt in a mug of water) 4 times a day - ideally after meals and before bedtime - for one week.

ALSO...

- Eat when the injections wear away (usually 2-4 hours). Eat **soft foods** for one week and eat away from the socket.
- **Do not disturb the socket** with your tongue or finger. This will delay the healing process.
- Occasionally small fragments of bone may work their way out. **This is normal.**
- Severe pain starting a few days after the extraction is a sign of an infection in the socket (or 'dry socket'), if this happens, please **contact your dentist** as soon as possible.
- If stitches have been placed, these will dissolve over 2-6 weeks.

IF EXCESSIVE BLEEDING OCCURS

Use a clean towel or gauze to make a roll, forming a firm pad. Clear the mouth of loose blood clots so that you can find the source of the bleeding. Fit the pad across the bleeding socket from the tongue to the cheek side and bite firmly to compress the pad on the bleeding area for 10-15 minutes. Avoid lying down. Inspect the socket and replace the pad if bleeding still appears from the socket. If excessive bleeding occurs - avoid exercise, alcohol or disturbing the socket.

If your efforts are unsuccessful after an hour or two, contact your dentist.

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, Northwick Park Hospital out of hours service (020 8864 3232), or the local NHS England Area Team helpline (0203 182 4993).
- For immediate, life-threatening emergencies, continue to call 999.