

Advice After Extractions

- **Do not** smoke or drink alcohol for the rest of the day.
- Avoid exercise today and rest with your head above the level of your feet, use an extra pillow at night.
- **Do not** rinse your mouth out for 24 hours. After 24hrs, use a warm salt water mouthwash 3 times a day for 5 days. This is made by adding a teaspoon of salt to a tumbler of warm water.

Pain and swelling is normal for several days after an extraction. Before the numbness wears off, take a painkiller, choose one you would normally take for a headache. **Do not take Aspirin.**

You may feel a sharp edge of a socket with your tongue and small fragments of bone may work loose. This is normal.

If excessive bleeding occurs

- Avoid rinsing your mouth as this will prevent blood clotting in the socket.
- **Do not lie flat.** Keep sitting up and clear the mouth of loose blood clots using a clean tissue, handkerchief or cotton wool dipped in salt water.
- Place a pad of clean cotton (i.e. a handkerchief) over the bleeding area and bite or press firmly, holding the pad in place for 15-20 minutes. **Do not** dab the area as this can loosen the blood clot. If the bleeding is in a narrow space between 2 teeth, ensure the pad is narrow enough to fit into the space to put pressure on the gum.
- After 20 minutes, inspect the socket and replace the pad or use another one if bleeding continues from the socket.

If your efforts are unsuccessful after an hour or two contact the practice. In the event that we are closed or if its a weekend, please call NHS 24 on 111.