



What To Do Following An Extraction

For the first 24 hours after your extraction you should avoid:

- Any foods or drinks that are very hot or cold
- Mouthwashes
- Alcohol
- Smoking
- Exercise

Rest

Take it easy for the rest of the day. Take as little exercise as you can, and rest as much as you can. Keep your head up to avoid any bleeding.

Avoid hot drink and foods

This is important until the anaesthetic wears off, as you cannot feel pain properly and may burn or scald your mouth. Very hot drinks may cause post-operative bleeding (hot drinks are allowed as long as they have been allowed to cool). Eat and drink lukewarm food as normal but avoid chewing on that area of your mouth.

Local anaesthetic

You will have been given an injection of local anaesthetic in the gum near to where your tooth was removed. This will cause temporary numbness and can take 2-3 hours to wear off and feel normal again. Be careful not to chew the inside of your cheeks or accidentally bite your tongue - this can easily be done when there is no feeling.

Bleeding following an extraction

If bleeding occurs, apply pressure. It is normal to have some 'oozing' of blood, but if bleeding occurs, apply a small compress to the extraction site with pressure. A compress can be made with gauze (provided by your dentist), a clean handkerchief or the corner of a clean tea towel. Apply the compress over the extraction site and bite down for 5-10 minutes to apply pressure. Make sure this is placed directly over the extraction site. If the bleeding continues you may have to reposition the compress. If after 20 minutes the bleeding has still not stopped, consult your dentist immediately.

Once the bleeding has stopped a blood clot will form over the socket. It is important to try not to knock that blood clot away or you may cause the socket to start bleeding again.



Mouth Rinsing

Do not be tempted to rinse the area for the first 24 hours.

Warm salt/water mouth rinses (Mix 1 level teaspoon of salt in a tumbler of warm water. Hold the salt water in your mouth for 1 minute and gently swish the solution around and spit out) 3-4 times daily commencing on the day after your extraction will help healing. Be gentle, take care not to dislodge the clot whilst mouth rinsing. Toothbrushing should continue as normal.

If you notice an unpleasant taste in your mouth or an unusual discharge this may mean you have an infection and you should contact the practice to arrange an appointment so your dentist can check the socket is healing properly.

Pain relief

Pain relief is best achieved by taking a painkiller as soon as you get home. Something you would normally take for a headache should be enough. Do not take aspirin as this can cause further bleeding.

It is normal to experience some discomfort, swelling and bruising around your cheeks, jawline and neck depending on the complexity of your extraction. However this will soon subside with time and regular use of painkillers.

Do not smoke

We recommend that you avoid smoking for as long as you can after an extraction, but this should be at least for the rest of the day. Smoking will increase your risk of developing a bone infection and the pain associated with this can be worse than toothache.

Do not drink alcohol

Avoid alcohol for at least 24hours, as this can encourage bleeding and delay healing.

Do not disturb the clot

The clot helps healing, therefore do not disturb it with your tongue or finger. Excessive mouth rinsing may also remove the clot, so be gentle. Chewing on the other side of your mouth will help keep the clot in place.

Signs to look out for

If over the next 24hours you experience any of the following

- Increased, uncontrolled or prolonged bleeding
- Pain that is not controlled with painkillers
- Abnormal swelling

Please contact the practice to arrange an urgent appointment. If the practice is closed – telephone the practice (0117 9324455) for details of the out-of-hours dentist or alternatively please attend your nearest A&E department.