



CARE AFTER EXTRACTIONS

After the tooth is extracted, the socket left behind fills with blood, which clots and heals over. **Do not disturb the blood clot.** Do not poke at it with your tongue or finger.

RINSING

Do not rinse the mouth for 24 hours after the extraction. After 24 hours you should start bathing the socket area with warm salt water. Dissolve a level teaspoonful of common table salt in a cup of warm water. Ensure that the water is not too hot for your mouth. Take a sip of this and hold it over the socket area for 30 seconds then spit it out. **Do not vigorously rinse** the socket area – just bathe it. Repeat until you have used all the water in the cup. Do this 4 times a day.

BLEEDING

When you leave the surgery the socket will have stopped bleeding. If you disturb the wound it may start to bleed again. If this happens, take a clean handkerchief, roll it up into a thin sausage shape, dip it into hot salt water (mix as above), squeeze it fairly dry, place it right on the socket and bite on it firmly whilst resting. Rest is very important as it reduces blood pressure. After 15 minutes remove the handkerchief and continue resting for a further 30 minutes. If bleeding still continues, contact the dental surgeon.

PAIN

After the anaesthetic wears off there should be no more than a dull ache present; this may last for 24 hours or so. Taking a suitable non-aspirin containing painkiller can relieve any pain or soreness. Do not exceed the recommended dosage. If any severe pain worries you, do not hesitate to contact the dental surgeon.

EATING AND DRINKING

Do not eat until the anaesthetic has fully worn off and then only eat soft foods. Avoid chewing in the area of the extraction for at least 3 days. Drinks such as warm tea are fine, but drink them straight back and do not swirl them around the socket. Do not consume alcoholic drinks, or smoke, for the next 24 hours.

WORK

Physical exertion is not advised until the following day at the earliest. If in doubt ask the Dental Surgeon for advice.

BRUSHING

Use your toothbrush as normal but take care around the extraction site. It is important that you keep your mouth as clean as possible to allow the area to heal properly.