



INSTRUCTIONS FOLLOWING TOOTH EXTRACTIONS

For the first 24 hours after your extraction:

NO SMOKING for 48 hours minimum.

NO SPITTING OR RINSING, this can lead to the blood clot in the socket being lost and slow healing.

NO RIGOROUS EXERCISE, this increases the blood pressure in your head and encourages bleeding.

Clean your teeth as normal. Be extra careful around the socket and very gently dribble out the toothpaste- **DO NOT RINSE OUT.**

BLEEDING: It is common to have some bleeding after tooth extractions, a small amount of blood in your saliva should be swallowed, not spat out. If the socket actively bleeds:

-Apply pressure directly to the socket for 20 minutes with the gauze pack given to you by the dentist.

-Sit upright whilst doing this as lying flat encourages blood to flow to your head.

- If bleeding continues, repeat this for a further 20 minutes.

- After 2 attempts, if bleeding persists, contact the surgery for advice.

MEDICATION: Take any regular medication as normal.

PAIN: Take pain relief before the numbness wears off and continue regularly for 3 days. You may find you need to continue for longer.

Paracetamol with Ibuprofen is the most effective, if you are not sure if you can take these medications, please ask your dentist, pharmacist or doctor (GP). Do not exceed the dose on the packet.

-If the pain is worsening rather than improving after 3 days please contact the surgery.

SWELLING: It is normal to develop swelling or bruising after tooth extractions, either inside the mouth or on the face. This is usually worst 24 hours after the extraction

DENTURES: If you have had a new denture fitted/an addition to your existing denture, keep it in for 24 hours to aid healing.

EAT & DRINK: soft, bland foods are advised for comfort: avoid very hot or very cold foods or drinks

After 24 hours:

Rinse with salty water after meals and before bed for 7 days: Mix 1 teaspoon of salt in 1 cup of hot water.

If you have dentures/ had an addition to your denture, remove it after meals for cleaning and leave it out at night.

Your dentist may give you additional advice which relates to your particular extraction.

IF YOU HAVE ANY CONCERNS PLEASE CONTACT THE SURGERY.

Causeway Dental Surgery: 01403 252477

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