
cramlington dental centre



EXTRACTIONS AFTERCARE

**PLEASE READ THIS
LEAFLET CAREFULLY**

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Remember these simple points

- Do NOT rinse today.
- Do NOT drink hot liquids or alcohol, do NOT smoke today, you may re-start bleeding.
- Do NOT chew food for three hours. After three hours - be careful!
- Avoid heavy exercise.
- Take care not to inadvertently bite your lip or cheek whilst you are still numb.

TOMORROW

Rinse using a salt-water mouthwash (one teaspoonful of salt in a tumblerful of warm water) after every meal and every two hours if possible. This will help keep the area clean of food particles, hasten healing and reduce pain. Start the mouthwashes as soon as you are able and continue for three or four days - stopping not earlier than the third day after extraction.

BLEEDING

Blood-stained saliva immediately after the extraction is to be expected. More serious bleeding, often caused by too much rinsing or by disturbance of the bloodclot with the tongue or a poking finger, should be controlled by folding a cold, moist handkerchief and placing this pad over the bleeding socket and then biting firmly for not less than ten minutes whilst sitting. If your socket persistently oozes, it will help the bleeding to stop if you sleep propped upright in bed for the first night after extraction.

PAIN AND SWELLING

Mild pain after extraction is common and is usually short-lived. It can usually be controlled using a proprietary pain-killer taken in sensible doses, (eg. paracetamol, ibuprofen etc). Do not use Aspirin as it can lead to increased bleeding. If you are unhappy with the way the socket is healing or if you have increasing pain more than 36 hours after the extraction, ring the appropriate telephone number at the top of this leaflet **AS EARLY IN THE DAY AS POSSIBLE** and normally you will be seen the same day.

EMERGENCIES

If you require advice or assistance after normal Surgery hours or at the weekend, telephone the Surgery number at the bottom of this leaflet and the answering machine will advise you of the number to telephone to contact the dentist on duty.

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