

Post Extraction Instructions

Do Not Rinse for 24 Hours

Rinsing can wash away blood clots and lead to further bleeding and delayed healing. Eat or drink only once the anesthetic has completely worn off which normally takes 2-3 hours. Whilst the area is still numb there is a risk of biting the lip and disturbing the site if eating is undertaken. Start with soft foods and work up to firmer foods.

Pain Relief

It is sometimes a good idea to take painkillers like ibuprofen or paracetamol before the anesthetic wear off as they can work better preventing soreness rather than relieving it. Avoid Aspirin based painkillers and check that you are suitable to take any painkillers. An ice pack placed over the area will reduce pain and any swelling.

Avoid Smoking

Smoking increases the risk of infections and delays healing, so we advise that you do not smoke.

Avoiding Alcohol & Strenuous Activities

Both can lead to subsequent bleeding and delayed healing, we advise that you do not drink any alcohol for 24 hours.

Bleeding

A degree of blood oozing will occur from the site for the first 24hrs. If fresh bleeding occurs, you should apply pressure to the site with the pack that you were provided with at your appointment. If you do-not have this then rolled cotton or linen hankie can be placed on the site and biting hard for about 10-15 minutes should stop the bleeding. If your efforts are un-successful after an hour or two then contact your dentist.

Mouthwash on the following day (24 hrs later)

Rise out with warm salty water (level teaspoon of salt to a cup of water) sip and gently bathe the site and continue after meals and before bed for seven days or advised by your dentist.

Recovery

It is not unusual to experience swelling or discomfort for a few days, however for pain, swelling or persistent bleeding please contact your dentist.

Take Pain Killers before the anaesthetic wears off, **DO NOT** rinse for 24 hours, Avoid Smoking, Alcohol & Strenuous Activities. After 24 hours rinse with warm salty water & return to the practice if pain persists after 2-3 days. If you need to see a dentist out of hours then please call the practice where appropriate advice will be given.