

## Advice after extractions

1. **Avoid** cycling or excessive exercise for several hours. Ideally rest by sitting in a chair and use an extra pillow for the first night.
2. **Do not** Drink any alcohol for first 24 hours and avoid smoking.
3. Take any pain killing tablets advised by your dentist if required. Follow any instructions regarding dosage carefully.
4. After twelve hours rinse mouth **gently** with a warm water solution (level tea spoon of salt to a cup of cooled boiled water) and continue after meals and before bed for seven days, or as advised by your dentist.
5. You may feel the sharp edge of the socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.
6. Try not to disturb the socket with your tongue, by eating on that side, or by vigorous rinsing. This will delay the healing process.
7. Do not put tissues or cotton wool near socket or apply any other medicines to the area e.g. Bonjella

### **If excessive bleeding occurs.....**

1. Use some cotton tissue and make a thick pad approx 2.5cm.
2. Keep sitting up and clear the mouth of loose blood clots with a pad so that you can find where the socket is bleeding. This is important.
3. Place pad across the bleeding socket from the tongue to cheek side. If the socket is between two standing teeth then constrict the pad to fit.
4. Bite firmly to compress the pad on the bleeding socket for approx 10-15 minutes. Avoid lying down.
5. Inspect the socket and replace the pad or use another one if bleeding still appears from socket.
6. If your efforts are unsuccessful after an hour or two contact your dentist or NHS 24 on 111 out with surgery hours
7. It is not unusual to experience swelling, discomfort or bruising for a few days. However, if pain, swelling, bruising or bleeding persists, contact your dentist.....

..... **But remember**, to reduce the chance of excessive bleeding it is important to **avoid** exercise, drinking alcohol or disrupting the socket