

## **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 with warm salt water. Dissolve a level teaspoon 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 and then spit out. Do not vigorously rinse the socket area- just bath 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 bleeding again. If this happens, take a clean handkerchief, roll it up into a sausage shape, dip it into hot salt water (mix as above), squeeze it fairly dry, place it over the wound and bite on it firmly whilst resting. Rest is very important as it reduces the 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 should last for 24 hours or so. Any pain or soreness can be relieved by taking a suitable painkiller. Do not exceed the recommended dosage. If any severe pain worries you, do not hesitate to contact the dental surgeon.

### **EATING & 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 3 days. Drinks such as warm tea are fine, but drink them straight back and do not swill them around the socket. **Do not consume alcoholic drinks, or smoke, for the next 24 hours.**

### **WORK**

Prolonged physical exertion is not advised until the following day at the earliest. If in doubt ask the dental surgeon for advice.

### **BRUSHING**

Use your tooth brush 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.