



# Post-Operative Extraction Advice

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You will always be given verbal and written **aftercare instructions** when you have had a tooth extraction at **Pure Dental Health**, however, should you forget what you've been told or lose your written instructions you can check that you're doing all that you can to ensure a speedy and comfortable recovery by following the advice below.

- Avoid excessive exercise for several hours, ideally rest by sitting in a chair and use an extra pillow for the first night.
- Do not drink alcohol for 24 hours and avoid smoking.
- Take painkillers as advised by your dentist, follow any instructions regarding dosage carefully.
- After 6 hours rinse your mouth gently with a warm salt solution (level teaspoon of salt to a cup of water) and continue after meals and before bed for seven days, or as advised by your **dentist**.
- You may feel a sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.
- Try not to disturb the socket with your tongue, by eating food on that side, or by vigorous rinsing. This will delay the healing process.

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## If Excessive Bleeding Occurs

- Use the packs provided or a clean handkerchief.
- Keep sitting up and clear the mouth of loose blood clots with a clean linen square or tissue so you can find where the socket is bleeding.
- Place the pad across the bleeding socket from the tongue to the cheek side. If the socket is between 2 standing teeth constrict the pad to fit.
- Bite firmly and compress the pad on the bleeding socket for 10-15 minutes. Avoid lying down.
- Inspect the socket and replace the pad, or use another one if bleeding still appears from the socket.
- If your efforts are unsuccessful after 1 hour, **contact your dentist**.
- It is not unusual to experience swelling or discomfort for a few days, however if pain, swelling or bleeding persists contact the dentist.
- IF excessive bleeding does occur it is very important to avoid exercise, alcohol or disturbing the socket.

If you have any queries or concerns, please contact Pure Dental Health on **01872 22240**.