

### Post-Extraction Instructions

Following these instructions will ensure a speedy recovery from your recent dental treatment:

- After local anaesthetic be careful not to bite your lip, tongue or cheeks, as they will be numb.
- Avoid hot drinks until the numbness wears off as you could burn yourself.
- Avoid smoking for at least 5 – 6 hours (preferably 48 hours) after the extraction, as this interferes with healing and can cause a painful infection known as ‘dry socket’

It is normal to expect some swelling and/or discomfort around the extraction site. This should improve over time

#### Bleeding

Do not rinse your mouth out for at least 6 hours after the extraction, as this will start the bleeding again. If the bleeding does start, place a clean handkerchief over the socket and bite down firmly for at least 30 minutes. Blood stained saliva is to be expected 24 – 48 hours after the extraction.

#### Pain

If you have any pain, take what you would normally take for a headache. Always read the label and do not exceed the recommended dose in the instructions.

Consult your dentist if you have persistent bleeding or severe pain which is uncontrolled by painkillers. During normal surgery hours telephone the surgery (0208 504 0262) and out of hours call NHS 111.

#### On the day after the extraction

You will need to keep the socket and surgery site clean.

- Dissolve a level teaspoon of salt in a glass of warm water.
- Rinse out and repeat with the remaining salt solution in the glass.

Do not rinse too vigorously as this will disturb the clot.

Continue with this mouth care before and after meals for the next 4 – 5 days.