

Advice After Extractions

Appointments and Emergencies 01392 202242

1. Avoid strenuous exercise if possible.
2. DO NOT drink alcohol for six hours. Do not smoke.
3. DO NOT rinse your mouth out continuously. One mouthful of COLD water to clear any blood away is permissible occasionally.
4. DO NOT use Aspirin to control any pain as it may cause post-extraction bleeding to occur.
5. It is recommended that from the day after the extraction you rinse out your mouth regularly with hot salt water (one teaspoon of salt to a mug of hot water).

If excessive bleeding occurs:

1. Rinse out thoroughly with COLD water to cleanse the mouth of any blood.
2. Roll a cotton handkerchief or piece of gauze into a sausage shaped pad.
3. Place the pad into the bleeding socket and bite HARD for five minutes.
4. Sit in a chair; this lowers the blood pressure to the jaw. DO NOT lie down.
5. Inspect the socket and replace the pad or use another one if bleeding still occurs from the socket.
6. If your efforts are unsuccessful then please contact the practice.