

EPWORTH HOUSE DENTAL SURGERY
15 SHRUBBERY AVENUE
WORCESTER
WR1 1QN
TEL: 01905 23808

PATIENT ADVICE CARE AFTER EXTRACTION

After the tooth is removed, the cavity left behind is filled with blood which clots and heals over. Do not disturb the blood clot as there is nothing better you can put in its place. Do not rinse out, smoke or poke at it with your tongue or handkerchief, especially for the next six hours. Take particular care not to bite your lip/cheek/tongue while you are still numb. Mild bruising and swelling may occur after a routine extraction. If you have a procedure where the dentist feels that your symptoms will be more pronounced he will advise you.

RINSING No rinsing today as this may restart bleeding, but start tomorrow, rinsing gently a few times a day with warm salt water (1 teaspoon of table salt to half glass warm water). Continue for a few days.

PAIN If in any pain, take whatever you would normally take for a headache. There should be nothing more than a mild ache present when the injection wears off. If any severe pain worries you, contact the surgery.

BLEEDING When you leave the surgery you will have stopped bleeding. If you disturb the wound it may start bleeding again. If this happens, roll up a clean handkerchief, place it over the wound, and bite on it for at least twenty minutes. If it still bleeds try again. If still unsuccessful contact the surgery.

EATING Wait about three hours before taking any food in the mouth and then eat something fairly soft and cool on the other side of the mouth.

DRINKING Avoid hot drinks for today. No alcohol or smoking for 24 hours.

RESTING It is best to rest following surgery, sitting up is better than lying down, as this will reduce the likelihood of bleeding.

EXERCISE Avoid any exercise, heavy lifting or sudden stooping until the following day, as this may cause bleeding to start again.