

Care Instructions Following an Extraction

A clean and healthy mouth aids healing.

The following steps will help prevent bleeding and relieve soreness:

1. Avoid exercise for several hours. Ideally rest by sitting in a chair and use an extra pillow for the first night.
2. Do not drink any alcohol or smoke for 24 hours.
3. The following day rinse your mouth with a warm salt solution 3 times a day for 7 days.
4. If bleeding occurs bite firmly on a damp piece of gauze or tissue applying pressure to the socket for 20 minutes. If it continues to bleed after 1-2 hours please contact the surgery or NHS24 on 111.
5. Try not to disturb the socket with your tongue, by eating food on that side or vigorous rinsing for 2 days. This will delay the healing process.
6. You may become aware of what feels like bits of tooth at the extraction site. This is, in fact, bone and is a normal part of the healing process and will resolve over time.
7. It is not unusual to experience swelling or discomfort for a few days. However, if pain or swelling persist, please contact the surgery on 01418128420 or call NHS24 on 111 if problems arise out of hours