

## *Advice After Extraction*

- **Avoid** cycling or excessive exercise for 24 hours. Ideally rest and use extra pillows for the first night.
- **Do not** drink any alcohol and avoid smoking for at least the first 24 hours.
- Take pain killers as advised by the dentist. Follow any instructions regarding dosage carefully.
- After each meal rinse your mouth gently with warm salt water (level teaspoon of salt to a cup of water) continue this for 3-4 days.
- You may feel the sharp edges of the 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, eating hard foods on the side of extraction or by vigorous rinsing. This could delay the healing process.

### *If excessive bleeding occurs:*

- Use some sterile gauze and bite down firmly to extracted area for 10-15 minutes. Avoid lying down.
- Keep sitting up and clear the mouth of loose blood clots with a clean linen square or tissue so that you can find where the socket is bleeding. This is important.
- Inspect the socket and replace the gauze if bleeding still occurs.
- If your efforts are unsuccessful after an hour or two please contact us or go to A&E if out of hours.
- It is not unusual to experience swelling, bruising or discomfort for a few days. However, if the pain, swelling or bleeding persists contact us: **01227 462857**

**But remember**, if excessive bleeding does occur it is important to avoid exercise, smoking, drinking any alcohol.