

POST EXTRACTION INSTRUCTIONS

The following steps will help prevent bleeding and relieve soreness:

REST: For the first 24 hours: take as little exercise as you can, and rest as much as you can. Keep your head up to help avoid any bleeding. It is also a good idea to use an old pillowcase, or put a towel on your pillow, in case your wound (socket) 'weeps'.

RINSING: Do not rinse your mouth for at least 24 hours. It is important to let the socket heal, and you must be careful to not damage the blood clot by eating on that side or letting your tongue disturb it. This can affect the blood clot in the socket and affect healing. On day 2, and for three days after, rinse your mouth **gently** after meals and before retiring with a mouthwash made by dissolving 2 teaspoons of salt in a glass of *warm* water. Hold the solution in your mouth for several minutes, discard and repeat 2-3 times.

FOOD: Avoid *hot* fluids, alcohol and smoking for 24-48 hours, as these may encourage bleeding and prevent healing. Also avoid hard or chewy foods. Avoid chewing on that side of your mouth for the first week. Choose cool drinks and soft or minced foods for the first few days. Avoid sucking on the wound.

BLEEDING: It is normal to have some bleeding for the first day. If you do notice bleeding, do not rinse out, but apply pressure to the socket with gauze, a clean dampened handkerchief, or a wet tea bag. Apply a constant pressure for at least 15 minutes. If the bleeding does not stop after an hour or two, contact your dentist.

PAIN: There will usually be some tenderness in that area for the first few days, and in most cases some simple pain relief is enough to ease the discomfort. What you would normally take for a headache should be enough, or if this does not work take two x 200mg Ibuprofen (Nurofen) tablets (400mg), then 3 hours later take two x 500mg Paracetamol tablets (1000mg). Always follow the manufacturer's instructions and check any regular medication that this does not interfere with it. Do not take aspirin, as this may make your socket bleed. Do not take Nurofen tablets or caplets if you: are allergic to Ibuprofen, Aspirin or other painkillers, have ever had a stomach ulcer, perforation or bleeding, have asthma, have severe liver or kidney problems or if you are pregnant.

Sometimes the socket can become infected if the blood clot has been washed out or the blood clot has not stabilised, this can be very painful. This is where there is little or no blood clot in the tooth socket and the bony socket walls are exposed and become infected. This is called a "dry socket" and in some cases is worse than the original toothache! It is important to see your dentist, who will place a dressing in the socket. You may also feel



the sharp edge of the socket with your tongue and sometimes small pieces of bone may work their way to the surface of the socket. This is perfectly normal.

Try to use your toothbrush to clean your teeth in the normal way, to keep your gums and teeth healthy.