

Instructions Following the Removal of Teeth

1. **Rinsing.** On the day of the extraction do not repeatedly rinse your mouth out as this removes the clot which is the healing tissue and will result in further bleeding. The next day, gentle rinsing should be undertaken by holding warm salt-water mouthwash (a teaspoon full of salt in a tumbler of warm water) over the extraction site for 30 seconds. This should be repeated at least 4 times per day, for 3 – 4 days especially after meals.
2. **Bleeding.** Should you start to bleed, rinse your mouth out very gently with some cold water. Then roll some gauze into a pad about the thickness of your finger, place it over the socket and bite on it and leave it in place for 30 minutes before removing it to check if the bleeding has stopped. This process should be repeated if necessary. Expect your saliva to have a tinge of pink due to slight oozing from the socket. However if after this you are still worried please contact us.
3. **Cleaning.** You should brush your remaining teeth gently, in the usual way, being careful not to touch the extraction socket area.
4. **Eating and Drinking.** A soft diet is advisable, but eat whatever you can tolerate. Drink plenty of fluids but not too much alcohol.
5. **Pain.** Some discomfort and pain is to be expected following an extraction. If you feel you need to take something for pain relief then use paracetamol and / or ibuprofen as long as there is no medical reason for you to avoid them.
6. **Swelling.** Some swelling is to be expected after an extraction and may take up to 10 days to resolve.
7. **Dry socket.** If pain starts 3-5 days after taking the tooth out you may have a “dry socket”. It helps if the socket is irrigated with sterile saline and an “Alveogyl” dressing placed – please contact the practice.
8. If you have any concerns please do not hesitate to contact the practice.