



Post-operative advice and instructions following an extraction:

- Avoid cycling or any excessive exercise for several hours. Ideally rest by sitting down and use an extra pillow for your first night.
- Do NOT drink any alcohol for the first 24 hours after extraction and do NOT smoke.
- Follow your dentist's advice regarding any pain killers that you may need to take. Paracetamol and ibuprofen are usually sufficient.
- After 12 hours, rinse your mouth gently with warm saltwater and continue after meals and before bed for 7 days after your extraction.
- You may feel the sharp edge of the socket with your tongue, and you may feel some fragment of bone: this is completely normal.
- Try not to disturb the socket with your tongue or by eating on that side – this may prolong the healing process.

If excessive bleeding occurs:

- Use some clean linen or gauze to form a firm pad.
- Keep sitting up and clear the mouth of loose blood clots so you can see where the socket is bleeding.
- Bite firmly on the gauze to compress the bleeding socket.
- If after trying this twice you are unsuccessful in stopping the bleeding, please contact your dentist.
- You may experience some swelling or discomfort over the first few days, if you are at all concerned or need any advice, please call the practice on 02476382158 or 02476353450