

Instructions for the care of the mouth after Extractions

and Minor Surgical Procedures

- Take painkillers such as Paracetamol or Ibuprofen when you get home to prevent soreness when the injection wears off. Continue to take pain killers over the next few days if necessary.
- Do not take any pain killers containing Aspirin, i.e., Anadin, as this will prevent the blood from clotting.
- If you have been advised to stop anticoagulant therapy (e.g., aspirin, warfarin) prior to your dental treatment, please resume taking these medicines the following day unless otherwise advised by your dentist or doctor.
- **Do not rinse out vigorously for 24 hours** as this may dislodge the blood clot and cause further bleeding.
- You may eat and drink carefully using the other side of the mouth but avoid such things as peas, nuts, seeds and other foodstuffs, which may lodge in the extraction site, for at least the first two weeks after treatment.
- Avoid drinking alcohol or hot drinks for 24 hours
- You should refrain from smoking for at least 24 hours as this increases the risk of infection.
- The extraction site may tend to ooze, if this happens do not be alarmed.
- If you have had a bone graft, occasionally graft particles might appear in your saliva. This is not unusual and should not be cause for concern.
- If bleeding does start again, apply pressure. You may use a dampened handkerchief or gauze directly over the socket and bite together for at least 20minutes sitting down.
- Starting 24hours after the extraction, the socket/surgical site needs gentle bathing with warm salt water or gengigel mouthwash. To make salt water solution: fill a glass with hot water and dissolve a teaspoon of salt in it, let cool so it is warm before using. Bath the area by holding the solution still over the site for at least 30 seconds. Bathe 4 times a day. E.g. after breakfast, lunch, dinner and bedtime. Continue to bathe using this regime for at least 10days.
- If you are experience increasing pain levels at 5-6 days post extraction, this might indicate a 'dry socket' and you should return to the practice to have the socket dressed which will help reduce the pain.
- If you require further advise, please telephone the surgery on **01428 605594**