



The Old Malt House Dental Practice
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INSTRUCTIONS AFTER AN EXTRACTION

Always remember a clean and healthy mouth heals more rapidly than a neglected one. The following steps will help prevent bleeding and relieve soreness.

ON THE DAY OF TREATMENT

- Rest for a few hours, but you do not have to lie down.
- Strenuous exercise is best avoided for a few hours
- Do not rinse your mouth for at least two hours as this may interfere with the clotting process.
- Avoid smoking for at least two hours as this may interfere with the clotting process.
- Avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and minced or soft foods.
- Should the wound start to bleed, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place this on the bleeding point and bite firmly for 5-10 minutes, longer if necessary.
- Any pain or soreness can be relieved by taking a pain relieving preparation such as Paracetamol or Nurofen. Avoid Asprin as this may hinder the clotting mechanism.
- If prolonged bleeding or pain occurs, contact your dentist.

ON THE DAY AFTER THE TREATMENT

- It may be beneficial to use an antiseptic rinse recommended by your dentist or a warm saline mouth rinse to bathe the wound. This may be carried out after each meal until healing is complete. A saline rinse is made by dissolving a level teaspoon of salt in a glass of warm water. The solution should be held in the mouth for two to three minutes to bathe the wound and then discarded. Avoid over-vigorous rinsing.
- Continuing mild pain can be treated by taking a pain relieving preparation such as Paracetamol or Nurofen.

If in any doubt please contact the dental practice for advice.