



Extraction Advice Sheet

Following your extraction, we recommend that you:-

Keep your other teeth as clean as usual.

24 hours after the extraction, bathe the area of the extraction with hot salt mouthwashes (a teaspoon of salt in a glass of warm water) 3 to 4 times daily, until healed.

Avoid excessive heavy work, lifting heavy loads and working too hard for 24-48 hours.

If possible, avoid eating on the side of the mouth where the tooth was removed for 24 hours.

If the area begins to bleed after extraction we suggest you take the following steps;

- i) Apply steady pressure on the area for 10 minutes by biting on a rolled up handkerchief
- ii) Sit down and rest, waiting for it to stop
- iii) Don't panic – a little bit of blood goes a long way – you will not bleed to death!
- iv) If bleeding continues, contact the dental surgery

If you suffer pain after the extraction, take painkillers (either paracetamol, codeine or ibuprofen).

If pain worsens after 2 to 3 days, contact the dental surgery as your extraction site may have become infected.

Sometimes little bits of bone come up in the extraction site 2 to 3 months after the tooth has been removed. This is quite normal.