

## Some useful advice following extractions

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

- Avoid strenuous exercise or bending and lifting for a few hours.
- Avoid hot fluids, alcohol, hard or chewy foods. Cool drinks and soft foods should be OK but avoid the sore area. Avoid over-rinsing the socket.
- Oozing of blood around any stitches is quite normal, however should the wound start to bleed, sit down, but do not lie down, roll some clean linen or gauze into a sausage shape to make a compress, place this on the bleeding point and bite firmly onto it for 5-10 minutes, longer if necessary. If this does not help, contact the surgery for advice.
- You may feel the sharp edge of a socket, and occasionally small bone splinters may work loose, this is normal.
- Some swelling may occur, and some bruising. Early paracetamol will help, as well as reducing the pain. You could also use Ibuprofen, but NOT aspirin. Be sure to follow the recommended dosage.
- Antibiotics and mouthwashes may have been prescribed if there is a risk of infection. Follow the instructions carefully and complete the course, even if you are feeling better.
- On the day after treatment, hot salt water mouthwashes may be used to bathe the wound, particularly after meals. Avoid vigorous rinsing which may disturb the healing socket.

If you are concerned about your recovery, contact the surgery for advice on **017683 71250**

(Outside surgery hours the answerphone will tell you the number of the dentist on call)

[Rev02]

## Some useful advice following extractions

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

- Avoid strenuous exercise or bending and lifting for a few hours.
- Avoid hot fluids, alcohol, hard or chewy foods. Cool drinks and soft foods should be OK but avoid the sore area. Avoid over-rinsing the socket.
- Oozing of blood around any stitches is quite normal, however should the wound start to bleed, sit down, but do not lie down, roll some clean linen or gauze into a sausage shape to make a compress, place this on the bleeding point and bite firmly onto it for 5-10 minutes, longer if necessary. If this does not help, contact the surgery for advice.
- You may feel the sharp edge of a socket, and occasionally small bone splinters may work loose, this is normal.
- Some swelling may occur, and some bruising. Early paracetamol will help, as well as reducing the pain. You could also use Ibuprofen, but NOT aspirin. Be sure to follow the recommended dosage.
- Antibiotics and mouthwashes may have been prescribed if there is a risk of infection. Follow the instructions carefully and complete the course, even if you are feeling better.
- On the day after treatment, hot salt water mouthwashes may be used to bathe the wound, particularly after meals. Avoid vigorous rinsing which may disturb the healing socket.

If you are concerned about your recovery, contact the surgery for advice on **017683 71250**

(Outside surgery hours the answerphone will tell you the number of the dentist on call)

[Rev02]