

- ORAL HYGIENE:** It is important to keep your mouth clean. Brush your teeth as normal, but brush the extraction area **gently**, taking particular care not to cause any bruising or bleeding.
- REST:** Rest for a few hours following treatment and avoid strenuous exercise.
- RINSING:** Do not rinse for at least 6 hours. For several days following treatment rinse your mouth *gently* after meals and before going to sleep using a mouthwash made by dissolving 1/2 teaspoon of salt in a glass of *warm* water. Hold the solution in your mouth for several minutes, discard and repeat 2-3 times.
- FOOD:** Avoid eating or drinking until the local anaesthesia has worn off. This will stop you from accidentally chewing or burning your cheeks. For the next 24 hours, avoid *hot* fluids, alcohol, hard, spicy or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.
- BLEEDING:** Should slight bleeding occur sit upright with head and shoulders raised. Apply pressure using a small pad of gauze or clean linen. Bite gauze firmly between the jaws at extraction site for 15 minutes. The pressure should stop the bleeding. Should bleeding restart, repeat the procedure.
- PAIN:** You may experience some pain, swelling and bruising after treatment. Painkillers will help to reduce any pain and swelling. Ibuprofen and paracetamol are good painkillers to use. Avoid taking aspirin as it may cause bleeding. If you are asthmatic, avoid taking ibuprofen as it may worsen your asthma. Please read instructions before taking medication.
- AVOID SMOKING:** Avoid smoking for at least 5 days after treatment. Smoking reduces the rate of healing and increases the risk of infection, which can be very painful.
- BONE:** If you feel small pieces of bone working their way out of the socket, don't worry – this is normal.
- DRY SOCKET:** Occasionally after the extraction of a tooth, the blood clot in the socket can break down, leaving a painful empty hole in the gum. The pain may sometimes be worse than the original toothache! This is called a 'dry socket'. If the socket becomes painful a day or two after the extraction, this is usually the reason. If it happens, you should go back to your dentist to have the wound cleaned and packed with a dressing; this will relieve the pain and reduce the risk of infection.

**If excessive bleeding, undue pain or other symptoms occur, please contact
New Cross Dental Practice for advice without delay on 0208 692 3472**