

# Care Instructions After An Extraction

After tooth extraction, it is important for a blood clot to form to stop the bleeding and begin the healing process. That's why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. If the bleeding still persists, you can roll up a clean handkerchief. If the bleeding still persists after 2 hours, call the office, or if it's out of hours, call 111 for advice.

Pink saliva is normal, and you may have the taste of blood, but only use the bite pack if bleeding or oozing. Do not go near the socket with your tongue or your fingers, as this can cause an infection or dislodge the blood clot. After the blood clot forms, it is important not to disturb or dislodge it, as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol, or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and delay the healing process.

Limit vigorous exercise for the next 24 hours, as this will increase blood pressure and may cause more bleeding from the extraction site. After 24 hours, you can do some gentle warm salt mouthwash rinses, which will help the healing process. After the tooth is extracted, you may feel some pain and experience some swelling. An ice pack or an unopened bag of frozen peas or corn applied to the area will keep swelling to a minimum. Take any pain killers that you would normally take, but do not take aspirin as this thins the blood, unless it is part of your daily medication; do not take ibuprofen if you are asthmatic. The swelling usually subsides after 48 hours.

Use the pain medication as directed. Call the office if medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, even if signs and symptoms of infection are gone.

Drink lots of fluid and eat nutritious soft food on the day of the extraction, and avoid any food with seeds or pips for 48 hours. You can eat normally as soon as you are comfortable. It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth at least once a day. This will speed healing and help keep your mouth fresh and clean.

After a few days, you will feel fine and can resume your normal activities. If you have continued swelling for 2-3 days, or a reaction to the medication, call our office immediately on **01908 606 106**.