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## **Post Extraction Advice**

These instructions provide information for the rapid and comfortable healing of an extraction site. Healing is quicker and more uneventful the cleaner the site is kept.

### *Do Not Rinse For 24 Hours*

Rinsing can wash away blood clots and cause further bleeding and delayed healing. Eat or drink only once the anaesthetic has completely worn off which normally takes 2 to 3 hours. Whilst the area remains anaesthetised there is a risk of biting the lips and disturbing the site if eating is undertaken.

### *Pain Control*

It is normal to expect some discomfort or pain after an extraction. We suggest you take a painkiller like Ibuprofen or Paracetamol before the anaesthetic wears off as they can work better at preventing soreness rather than relieving it. Avoid aspirin based painkillers as these can lead to further bleeding and check your suitability for any drugs. An ice pack placed over the area will reduce pain and future swelling.

### *Avoid Smoking*

Smoking increases the risk of subsequent infection and delays healing.

### *Avoid Alcohol and Strenuous Exercise*

Both can lead to bleeding and delayed healing.

### *Bleeding*

A small degree of blood oozing from the site for the first 24 hours is normal. If fresh bleeding occurs you should apply pressure to the site with a pack. This is achieved by placing a rolled hankie, cotton wool or gauze directly over the site and biting firmly. Pressure should be applied for 15-20 minutes and will stop most bleeding. Contact the practice if bleeding is persistent and cannot be controlled.

### *Mouthwash on the Following Day (24 Hours Later)*

Rinse out with a warm salt water mouthwash. To prepare this take a teaspoon of salt and place into a cup of tea-hot water, sip and gently bathe the site, spitting out and repeating until the water is finished. This should be performed after every meal, or if soreness occurs, until healing is complete. You can use a mouthwash such as Corsodyl as an effective alternative to the salt water. The other teeth can be cleaned as normal.

### *Increasing Pain*

If pain persists and increases after 2-3 days this could indicate an infection of the extraction site called a 'dry socket', please contact the practice as the socket may need further attention and occasionally an antibiotic may need to be prescribed.

### *Recovery*

Full recovery should take about 2-3 weeks.