***FOLLOWING YOUR DENTAL EXTRACTION***

*THE FIRST 24 HOURS*

**Do not rinse or spit.** Drink water to refresh your mouth if needed.

**Avoid excessive exercise** e.g. cycling. Ideally rest by sitting for the rest of the day.

**Do not drink alcohol and avoid smoking.**

**Avoid very hot food or drink**. Eat soft foods on the other side of your mouth.

 **Avoid blowing your nose** if an upper molar tooth has been taken out and if you have the urge

 to sneeze, sneeze with your mouth open to reduce the pressure inside your mouth.

**Take pain-killer tablets** as advised by your dentist. Follow dosage instructions carefully.

*AFTER THE FIRST 24 HOURS*

▪Eat **soft foods**, for around one week and eat on the other side.

▪**Hot salty water mouth baths** (a teaspoon of salt in a mug of water) 4 times a day for 7 days.

▪**Do not disturb the socket** with your tongue or finger. This will delay the healing process.

▪Severe pain starting a few days after the extraction is a sign of an infection in the socket (or ‘dry socket’), if this happens, please contact your dentist as soon as possible.

*IF EXCESSIVE BLEEDING OCCURS*

▪Use a clean towel or gauze to make a roll, forming a firm pad.

▪Clear the mouth of loose blood clots so that you can find the source of the bleeding.

▪Fit the pad across the bleeding socket from the tongue to the cheek side and bite firmly to compress the pad on the bleeding area for 10-15 minutes. Avoid lying down.

▪If excessive bleeding occurs it is important to avoid exercise, alcohol or disturbing the socket.

▪**If your efforts are unsuccessful after an hour or two, contact your dentist.**

*EMERGENCY*

▪NHS patients please call your regular dentist. If it’s out-of-hour their answer phone will advise you were to get out-of-hours treatment.

▪If you are not registered, please attend A & E and the on call Oral & Maxillofacial Surgeon will see you.

▪Call 111 if: You need medical help fast but it's not a 999 emergency, you think you need to go to A&E or need another NHS urgent care service, you don't know who to call or you don't have a GP to call, you need health information or reassurance about what to do next

▪For immediate, life-threatening emergencies, continue to call 999.