

# HBDC

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## Oral Surgery Clinic

### POST EXTRACTION INSTRUCTIONS

Please remember that a clean mouth heals faster than a neglected one. The following steps will help prevent further bleeding and faster resolution to any discomfort following your extraction today:-

#### ON THE DAY OF THE EXTRACTION

- The anaesthetic normally take 2-3 hours to wear off, and therefore we advise you not to eat anything until this happens to avoid biting into your lip, tongue or cheek following your extraction.
- Please be careful not to have anything too **HOT** to drink to avoid burning yourself.
- It is **VERY IMPORTANT** not to spit out or rinse your mouth today, as this will disturb the blood clot that is forming and this may lead to more bleeding and an increased risk of post-extraction infection. This should only be started **24hrs** after your extraction.
- It is very important not to **SMOKE** for the next 24 hrs. This can lead to a very painful infection of the extraction socket.
- You should go home and take some **Pain Killers** before the anaesthetic wears off, to avoid any discomfort. Your dentist will normally give the best advice on this depending on your medical history.
- Normally the extraction socket may bleed in about 2-3 hours. Should this happen then bite on the surgical pack provided for 20mins to control the bleeding. (A clean handkerchief could also be used). If bleeding persists contact the surgery or go to your local A+E department.
- You should avoid any **Physical Exercise** and **Alcohol** for today.
- Chew on the opposite side for today and get back on your **Normal Diet** as soon as possible.
- Brushing your teeth should be as normal but be careful when brushing teeth close to the extraction site.

#### DAYS AFTER THE EXTRACTION

- Please rinse your mouth with warm salty water 3-4 times and day for a whole week, to avoid infections and to accelerate healing. This can be done by taking a warm glass of water and mixing half a teaspoon of salt into it. The solution should be held in the mouth for 2-3 mins to bathe the extraction site and then discard. Avoid rigorous rinsing.

#### In case of out of hours emergency

Please call Out of Hours Care on **0208594 0938**, Weekdays 6pm – 9pm and on weekends 9am – 2pm  
All other time please call **NHS 111**