

### Instruction after tooth extraction

- Avoid mouthwash, mouth rinses, hot food, drinks and strenuous activity for the first 24 hours
- After 24 hours, gently rinse your mouth with warm salt water (one teaspoon of salt in a glass of warm water) 3-4 times per day, always after meals. Be very careful not to dislodge any blood clot in the tooth socket.
- If the socket bleeds, apply pressure by biting down on a clean, rolled up handkerchief placed over the affected area for about 10 minutes. Repeat if still bleeding.
- Take regular painkillers if needed.
- Use a cold compress swelling and sleeping propped up with an extra pillow can help
- Bruising of the jaw muscles can cause stiffness; this wears off after seven or ten days
- Eat a well-balanced, soft diet for a few days until you're able to chew carefully with your remaining teeth
- Brush your teeth carefully, using a child's tooth brush, taking care not to dislodge blood clots in the tooth socket; these prevent bleeding and help protect from infection.
- Complete any course of antibiotics that you may have been given
- Avoid smoking as it affects the body's ability to heal
- In pain or swelling worsens or you get a raised temperature, contact, contact your dentist.

### What should I expect afterwards

- Some slight bleeding is normal for a day or so- this can be controlled with pressure over the area
- Your dentist will advise you about using painkillers to help ease any pain
- Some swelling and bruising is normal and usually at its worst on the second day, but should disappear within a week or two
- You might also have difficulty opening your mouth wide; again this generally returns to normal within a week or two
- Any stitches you have will fall out by themselves in about 2-4 weeks
- You may need to take time off work or school- your dentist will advise you about this.

#### Dentist contact details:

**Dentist@W2**, 3-4 Norfolk Place, Paddington, W2 1QN

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**For out of hours help and advice, please contact NHS: 111 or your nearest A and E department. Call: 999 in emergency.**