

ADVICE FOLLOWING EXTRACTIONS

1. DO NOT RINSE OUT YOUR MOUTH FOR THE REST OF THE DAY, THIS CAN WASH OUT THE BLOOD CLOT AND STOP THE SOCKET FROM HEALING. START WARM SALT WATER MOUTHWASHES FROM TOMORROW, A FEW TIMES PER DAY FOR THE NEXT FEW DAYS TO KEEP THE SOCKET CLEAN.
2. DO NOT SMOKE OR DRINK ALCOHOL FOR THE REST OF THE DAY.
3. AVOID VIGOROUS EXERCISE FOR 24 HOURS.
4. IT IS NORMAL FOR THERE TO BE SOME PAIN, BRUISING AND SWELLING AFTER AN EXTRACTION, THIS NORMALLY REDUCES AFTER THE FIRST FEW DAYS. IF YOU HAVE PAIN, TAKE PAINKILLERS THAT YOU NORMALLY TAKE FOR A HEADACHE. THE MOST EFFECTIVE PAINKILLERS ARE IBUPROFEN AND PARACETAMOL. WE DO NOT ROUTINELY PRESCRIBE PAINKILLERS AND WOULD ADVISE YOU TO PURCHASE OVER THE COUNTER MEDICINE.
5. IF THE SOCKET BEGINS TO BLEED DO NOT SPIT OR RINSE OUT. FOLD A CLEAN PAPER TOWEL OR FLANNEL AND USE IT TO APPLY FIRM PRESSURE DIRECTLY TO THE SOCKET. MAINTAIN PRESSURE FOR 20 MINUTES. IF BLEEDING CONTINUES, PLEASE CONTACT THE SURGERY. EMERGENCY ADVICE IS AVAILABLE OUTSIDE NORMAL HOURS ON 111.
6. IF STITCHES HAVE BEEN PLACED IN YOUR MOUTH AFTER THE EXTRACTION, THESE WILL NORMALLY DISSOLVE AWAY. THIS CAN TAKE UP TO 2 WEEKS. IT IS POSSIBLE THAT THE STITCHES MAY COME LOOSE OR BE LOST IMMEDIATELY AFTER THE EXTRACTION, THIS DOES NOT NORMALLY CAUSE A PROBLEM. IF WE HAVE USED NON DISSOLVING STITCHES THESE WILL NEED TO BE REMOVED AT A FOLLOW UP APPOINTMENT BY YOUR DENTIST.

MILNE, SPENCER & HARRIS DENTAL SURGEONS LLP

105 Station Lane, Featherstone
Pontefract WF75BA
Telephone: (0197 791 754)

Kings Medical Centre, King Edward Street
Normanton, Wakefield WF6 2AZ
Telephone: (01924 895 864)