



Care after Extraction Instructions

Following your extraction, we recommend that you:

- Do not rinse or spit out for the next 24 hours.
- Avoid smoking for 48 hours after the extraction.
- AFTER 24 HOURS bath the area of the extraction with hot salt water mouthwashes. (A teaspoon of salt in a glass of warm water) 3-4 times daily until healed.
- Avoid excessive heavy work, lifting heavy loads or strenuous exercise for 24-48 hours.
- Avoid eating around treated area.

If the area begins to bleed after the extraction we suggest you take the following steps:

- Apply pressure on the area for 5-10 minutes by biting on a swab made of a clean rolled up handkerchief.
- Sit down and rest waiting for it to stop.
- If bleeding continues contact the surgery on 01274 543150 (If we are closed go to your local A&E)

Most extractions can be virtually painless once the anesthetic has worn off. If you suffer pain we suggest you take the following steps:

- Take the painkillers you would normally use.
- Rest as much as possible.
- If the pain worsens or continues over the next 24 hours or you have any problems that are not resolving please do not hesitate to contact the surgery.