



## **PATIENT INFORMATION**

### **ADVICE FOR CARE AFTER TOOTH EXTRACTION**

A tooth is usually extracted because it has been infected or because it is necessary for orthodontic purposes. I will have informed you of any complication at the time of the extraction and discharged you when satisfied that a clot had formed in the extraction socket. I have advised you which analgesics to take for any post-operative pain.

#### **There are five main steps you can take to ensure quick healing**

1. Do not poke at the extraction site with your finger or tongue.
2. Take it easy for the rest of the day and the following week.
3. Clean your teeth thoroughly with a toothbrush and paste as usual.
4. Do not smoke or drink alcohol.
5. Do not drink very hot drinks or eat hard foods (chew on the other side).

You will notice a little bleeding a few hours after the extraction - this is natural.

Your saliva will mix with some blood and this makes it seem worse than you may think.

If your bleeding becomes prolonged (more than 1 hour) then follow the suggestions below:

1. Place a clean rolled up cloth handkerchief under cold running water and then hold it firmly over the extraction site. It may be possible to bite with gentle pressure on the handkerchief.
2. Sit upright.
3. Relax.
4. Remove the handkerchief carefully after 20 to 30 minutes.
5. Remain seated for the remainder of the hour.
6. It may be necessary to sleep seated upright if the socket still oozes some blood.

It may be necessary to repeat recommendations 1 to 5 noted above. Your blood will clot in 5 to 10 minutes. Eating may disturb the clot formed and light bleeding may occasionally occur during the 4 to 5 days following extraction.

If the bleeding is excessive and you are worried you may phone the practice for advice. As a last resort, the practice may be opened and a suture placed in the site for which there is a charge.

**The best advice is to REMAIN CALM and let your natural system of healing start.**

