

canmore dental practice

Patient Information | After Extractions

Please read through this advice leaflet. It describes the best way to care for your mouth after treatment.

After an extraction it is normal for the wound to bleed for several minutes. In time the bleeding will stop and a clot will form in the space where the tooth was removed. The area will then start to heal. It is important to look after the area as carefully as possible to aid this healing. The following advice will help you do this.

- A little blood staining in the saliva and a slight taste of blood after an extraction is normal. However if there is a lot of bleeding from the extraction site when you get home take a small clean handkerchief (cloth not paper), fold it into a small pad and dampen it. Place it over the wound and bite hard on it for at least 10 minutes whilst sitting quietly.
- Exercise can cause your blood pressure to rise which can cause bleeding so it is best to rest of the day after an extraction.
- Smoking can affect the healing process and lead to infection of the wound so smoking should be avoided for at least 1 hour after the extraction, if possible the rest of the day.
- Avoid very hot/cold drinks and alcohol for the rest of the day. They can cause bleeding to start again. Soft foods are also advisable.
- Try not to disturb the wound with your finger or tongue. Also avoid rinsing for 24 hours. These can disturb the blood clot and start bleeding.
- It can take several hours for the local anaesthetic to wear off so take care not to bite your lip of cheek whilst you are numb.
- It is normal to experience slight pain and swelling once the anaesthetic has worn off. This can usually be controlled using pain killers such as Paracetamol or Ibuprofen. Please follow the advice on the packet or bottle so that you take the correct dosage. It is best to avoid aspirin.
- After 25 hours it is safe to clean the wound. Rinse the area with a hot salty mouthwash up to 7 or 8 times a day for at least a week.
- Clean your teeth as normal but take care around the extraction site.
- If you experience an increase in pain or swelling over the next 2-3 days please contact the surgery. It may be due to an infection which can be treated very simply.

If you have any queries please feel free to contact the surgery for further advice.