



# Cambridge Dental Hub



Love Your Smile 1 Brooke House, Kingsley Walk, Newmarket Road, Cambridge, CB5 8TJ Love Your Smile

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## Instruction after a Tooth Extraction

### What to do After Extractions & Important things to remember

1. We are happy to see you if you have any problems after an extraction.
2. Little bits of jagged bone usually are felt around the socket.
3. It is normal for bits of bone to come out of the socket as it heals up.
4. If bleeding persists for more than 30 minutes please contact us for urgent advice.
5. If bleeding persists for more than 1 hour please arrange to return to the surgery or go to Casualty.
6. **You should keep the pack in for at least 30 minutes or until the bleeding stops completely.**
7. If you take pain killers or other medication it is important to read the instructions and follow them.
8. Remember not to take medications that may make you bleed more easily (aspirin) unless instructed by your doctor.
9. If the extraction is an UPPER TOOTH then do not blow your nose for 48 hours afterwards
10. **Definitely no smoking.**

### First 4 Hours

**You will have some numbness and it is important not to chew your lip or scald your mouth with hot food or liquids if you do you will not feel it but when the anesthetic wears off there can be a lot of damage.** Do not play with the socket area with your tongue or finger etc.

### First 12 Hours

1. Do not wash your mouth out for 12 Hours after extraction as you will wash the clot away.
2. Keep your fingers and tongue away from the socket and do not interfere with any stitches.
3. **If the sockets continues to or starts to bleed again then it is important to apply pressure on the bleeding point with a clean soft tissue for at least 30 minutes or until the bleeding stops. Call us if you are at all worried.**

### After 12 Hours

1. You must start to wash your mouth out, and keep your mouth very clean. This will help the healing and reduce the chances of pain. Use Hot/warm salty Mouth washes about 5 times a day. Remember to spit out rather than swallow.
2. Carry out your normal dental hygiene as usual

### If the socket continues to bleed

After 12 hours rinse out the clot with cold water and then apply pressure on the bleeding point with a clean soft tissue for at least 30 minutes or until the bleeding stops. Bleeding can be serious and/or distressing and we are happy to see you again without charge, to either stop the bleeding or simply to reassure. If you feel you can't wait then please go straight to Milton Keynes Casualty Department. Make sure you continue to bite on the pack until the bleeding stops completely.

### Eating and Drinking

You should be able to eat if you are careful and drink with a straw straight away but keep food and liquids away from the socket for at least 4 hours. Avoid the area for a few days until it starts to heal. Certainly do not chew on the area. Bits of food will get into the socket and these should be rinsed out.

### Bits of sharp bone sticking out

There are always little bits of bone around the area where a tooth comes out. This is normal and they play an important part in healing. Removing them often leads to a dry socket (sore socket). Please do not attempt to pull them out yourself. We are always happy to see you if you want us to check the socket or you are worried. For at least 14 days do not poke the socket with your tongue, finger or anything else as it increases the risk of infection, complications and delayed healing

### Follow Up Appointment

It is very important to have the socket checked after extraction so making/keeping the follow up appointment is very important. It will also let us let you know about your other short/long treatment options. Remember, any problems, then WE WILL SEE YOU VERY QUICKLY

### Contacting Us

If you wish to contact us then please ring 01908 690326 during surgery hours. 07973 227415 (DG's mobile anytime), NHS 111 after hours).

**Post Extraction pain and bleeding can be quite distressing and we are happy to see patients.**

**REMEMBER if you have an emergency and you can't contact us and it involves**

**Swelling effecting the throat, tongue or airway;  
Rashes anywhere on your body after treatment  
Severe pain  
Bleeding that continues for more than 2 hours after treatment**

**Blockage effecting the throat, tongue or airway;  
Rashes anywhere on your body after taking medication  
Bleeding that does not stop with pressure  
Bleeding that worries YOU**

**Then call 111 or GO TO CASUALTY STRAIGHT AWAY**