



Thames Valley
Community
Dental Services

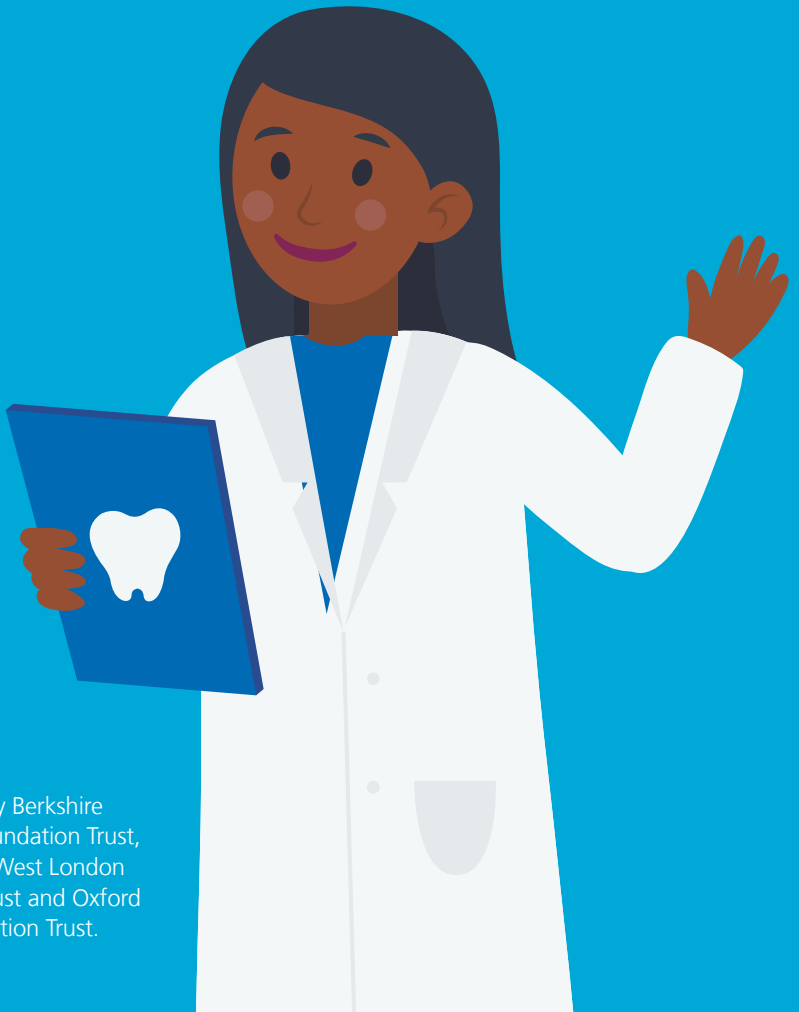
Looking after your mouth after a dental extraction



Wellbeing for life

After a dental extraction, it may take a few days to recover and go back to your usual routine.

Follow the advice in this leaflet on aftercare.



Services provided by Berkshire
Healthcare NHS Foundation Trust,
Central and North West London
NHS Foundation Trust and Oxford
Health NHS Foundation Trust.



After your tooth is removed

Pain


The local anaesthetic that was used during the procedure will begin to wear off, so do take regular over-the-counter pain medication such as paracetamol or ibuprofen which can be bought from your chemist. Follow the manufacturer's instructions.

Try to take this pain relief about an hour after the extraction so that it has a chance to work before the anaesthetic wears off. Do ask your local chemist or pharmacist if you have any questions. Do not take aspirin as this may increase the risk of bleeding. If you have been prescribed aspirin by your GP or told to take it, continue to do so.

The local anaesthetic may cause your lip, chin and/or tongue to feel numb so be careful not to bite your lip.

You may find it a little more comfortable to sleep with an extra pillow under your head and a towel to catch any blood-stained saliva.

The pain should ease after a couple of days and you may not need pain relief. But if you get a sudden increase in pain after a few days, this may indicate an infection and you should contact your dentist.



If bleeding persists and you are worried, contact the clinic you attended during normal surgery opening hours. If outside of these hours, contact NHS 111.

Bleeding

It is normal for there to be slight oozing from the socket or surgical area. The saliva may be a little pink. Take care not to poke the wound with your finger or tongue as this may cause bleeding if the clot is disturbed. If bleeding occurs, apply a damp gauze or dressing that the dentist has given you to the socket and apply pressure by biting down on the gauze for 15 minutes to help clotting to occur. Do not remove the gauze during this time.

Brushing and cleaning

Brush your teeth as normal, but be careful and gentle around the extraction site. Do not rinse your mouth or spit out for 24 hours as this can disturb clot in the healing socket.

Make sure you continue to brush your teeth for two minutes, twice a day with a fluoride toothpaste. Brush before you go to bed and one other time during the day.

For more information, visit <https://youtu.be/LHShd3zoxrA>



Mouth rinsing

On the day after your dental extraction, please start to rinse your mouth with warm salted water as recommended below:

Mix one level teaspoon of table salt into one glass of warm water. Rinse your mouth gently with this solution three times a day and also after meals, ideally after any food. Try to keep the solution over the affected area in your mouth for one minute. This helps to keep the area clean and helps it to heal. Continue with mouth rinsing for seven days.



Food

Avoid very hot, cold or spicy foods, as well as sharp or crunchy foods for the first two or three days. Avoid alcohol as this can encourage bleeding to occur. You can have a warm drink and food one hour after the extraction.

Smoking

Smoking increases the risk of infection and slows the healing process. You should not smoke after the procedure for a few days.

Try to avoid smoking for as long as you are able to. If you need support to stop smoking, visit www.nhs.uk/better-health/quit-smoking

Exercise

Avoid any strenuous activity which could increase your blood pressure and cause bleeding. Make sure to rest on the day of your dental extraction.



Further guidance

Stitches

Stitches dissolve in 7 to 10 days. If the stitches are present after this time, gently rub them with some toothpaste and this will encourage them to dissolve. Do not worry if the stitch comes out early. If the gum gapes or begins to bleed, contact the clinic where you had the dental extraction.



Healing

The socket should heal over in a few weeks. If you have severe pain and/or bad breath, the socket may be infected and you should see your dentist.

Dry socket

This is when the blood clot over the socket becomes dislodged, exposing the bone. It can increase the risk of food becoming lodged in the hole and increase the risk of a painful infection.

You are more at risk of a dry socket if:

- You do not follow your dentist's instructions after your extraction
- You smoke
- It was a difficult extraction
- You have had the condition before.

For more information, please speak to the clinic where you had your extraction during office hours. During outside office hours, please contact NHS 111.



This document is also available in other languages, large print, Braille, and audio format upon request. Please email communications.cnwl@nhs.net

هذه الوثيقة متاحة أيضاً بلغات أخرى والأحرف الطباعية الكبيرة وبطريقة برايل للمكفوفين وبصيغة سمعية عند الطلب

Arabic

این مدرک همچنین بنا به درخواست به زبانهای دیگر، در چاپ درشت و در فرمت صوتی موجود است.

Farsi

এই ডকুমেন্ট অন্য ভাষায়, বড় প্রিন্ট আকারে, ব্রেল এবং অডিও টেপ আকারেও অনুরোধ পাওয়া যায়

Bengali

Dokumentigaan waxaa xitaa lagu heli karaa luqado kale, daabacad far waa-wayn, farta indhoolaha (Braille) iyo hab dhegaysi ah markii la soo codsado.

Somali

Mediante solicitação, este documento encontra-se também disponível noutras línguas, num formato de impressão maior, em Braille e em áudio.

Portuguese

நீங்கள் கேட்டுக்கொண்டால், இந்த ஆவணம் வேறு மொழிகளிலும், பெரிய எழுத்து அச்சிலும் அல்லது ஒலிநாடா வடிவிலும் அளிக்கப்படும்.

Tamil

Este documento también está disponible y puede solicitarse en otros idiomas, letra grande, braille y formato de audio.

Spanish

Dokument ten jest na życzenie udostępniany także w innych wersjach językowych, w dużym druku, w alfabecie Braille'a lub w formacie audio.

Polish

આ દસ્તાવેજ વિનંતી કરવાથી બીજી ભાષાઓ, મોટા છાપેલા અક્ષરો અથવા ઓડિઓ રચનામાં પણ મળી રહેશે.

Gujarati

Be belge istenirse, başka dillerde, iri harflerle, Braille ile (görme engelliler için) ve ses kasetinde de temin edilebilir.

Turkish