



Instructions for the care of the mouth after Extractions
and Minor Surgical Procedures

- Take two painkillers such as Paracetamol or Ibuprofen when you get home to prevent soreness when the injection wears off.
- Do not take any pain killers containing Aspirin, i.e. Anadin, as this will prevent the blood from clotting.
- Continue to take pain killers over the next few days if necessary.
- If you have been advised to stop anticoagulant therapy (e.g., aspirin, warfarin) prior to your dental treatment, please resume taking these medicines the following day unless otherwise advised by your dentist or doctor.
- Do not rinse out vigorously for 12 hours as this may dislodge the blood clot and cause further bleeding.
- You may eat and drink carefully using the other side of the mouth but avoid such things as peas, nuts and other foodstuffs, which may lodge in the extraction site.
- If you normally have a glass of wine with your evening meal, you may continue to do so.
- You should refrain from smoking for at least 24 hours as this increases the risk of infection.
- The extraction site may tend to ooze, if this happens do not be alarmed.
- If you have had a bone graft, occasionally graft particles might appear in your saliva. This is not unusual and should not be cause for concern.
- If bleeding does start again, place a dampened handkerchief or gauze directly over the extraction socket and bite together for at least 20 minutes.
- Tomorrow, start to bathe your mouth in the following way:
 1. Fill a glass with warm water and dissolve a teaspoon of salt in it.
 2. Take a mouthful and hold over the socket.
 3. When it is no longer warm, spit out and repeat the procedure until you have used up all the water.

This should be continued 3 times per day for 3 days, if possible.

If you require further advise please telephone the surgery on **01428 605594**