

## **Patient Instructions Following an Extraction**

After a dental extraction a blood clot will form which will help protect and heal the area where the tooth has been. Please read carefully and follow the instructions below which will aid a quick and trouble free recovery.

### **Do**

- Take painkillers if required.
- Take it easy for the rest of the day.
- Eat soft foods for the rest of the day.

### **Don't**

- rinse, spit or disturb the area for the rest of the day.
- drink through a straw as the sucking action can dislodge the blood clot.
- consume hot food and drinks for the rest of the day.
- smoke or consume alcohol for 48 hours.
- bite your lip or cheek -it is numb and will stay like this for a couple of hours.
- be alarmed if small fragments of bone are felt. These will generally work their own way out.

### **If bleeding or discomfort continues:**

A certain amount of pain, swelling and bleeding in the first two days following an extraction is normal.

### **Continued Bleeding:**

Your dentist will have given you an aftercare pack to take away containing a gauze bite pack. Bite on this for 20 minutes. If you don't have a bite pack use a clean cotton handkerchief rolled up. If the bleeding hasn't stopped after 2 hours contact your dentist for further advice.

### **Continued Discomfort:**

If the pain starts to get worse after 48 hours please contact the surgery for advice.

Stratford: 01789 292460

Wellesbourne: 01789 840786

(answer phone message if out of hours)