



Post-Op Instructions After An Extraction Under Local Anaesthetic

After an extraction there may often be some discomfort and bleeding.

1. Do not disturb the socket or blood clots with fingers, the tongue, hard food or rinsing.
2. Avoid vigorous exercise, alcohol and smoking.
3. If excessive bleeding occurs, place a damp bite block given to you by the dentist, over the sockets and bite on it moderately firmly for a timed 20 minutes.

If this fails to stop the bleeding you should seek further advice.

4. After one day, a hot salt water mouth bath, consisting of half a teaspoon of salt in a glass of hot water, may be used to bathe the wound.

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

5. Consult the surgery if excessive bleeding or severe pain continues for more than a few hours.
6. If you have pain, you should take a painkiller, such as paracetamol in normal dosage.
7. You may experience some discomfort after the procedure. It may therefore be necessary to take a pain relief preparation. Discuss this with your dentist or pharmacist. Aspirin based products are best **AVOIDED** due to their tendency to promote bleeding.

**After surgery hours please phone 111
for out of hour's dental care.**