

Advice for Patients Following Dental Extractions/ Oral Surgery



A blood clot will form in the socket where the tooth has been removed. This blood clot is necessary to aid healing of the wound and should not be disturbed.

For the first 24 hours after dental extraction;

- Avoid mouthwashes/rinses.
- You may eat and drink but it is advisable to avoid anything hot and to eat soft foods for the first 24 hours.
- Avoid hot Drinks
- Avoid alcohol
- Avoid strenuous exercise or effort/heavy lifting.
- If bleeding occurs apply pressure by biting down on a clean and wet rolled handkerchief and rest, sitting in an upright position. Otherwise do not touch the wound.
- Do not hold anything hot against the outside of your face.
- If you are in pain take your usual painkillers as you would for a headache or similar, following the instructions on the box. AVOID Aspirin and similar drugs which may thin your blood.

After 24 hours do as follows;

1. Mix one level teaspoon of bicarbonate of soda or ordinary table salt into a tumbler of hot (not scalding) water.

2. Take a large mouthful of the water and tilt your head to the painful side so that the hot solution floods the inflamed part of your mouth.
3. Hold that position for one minute before spitting the water out. Repeat the process until the tumbler is empty.
4. Do this often throughout the day.

General Advice

- Be careful while you are numb from the local anaesthetic as you may bite your cheek or lip. While this may not be painful whilst you're numb, it will be painful when the feeling comes back.
- Bruising of the jaw muscles can cause stiffness: this wears off after seven to fourteen days.
- It is important that you continue to maintain good oral hygiene so you should brush your remaining teeth as normal, avoid brushing near the extraction site.
- Do not smoke, this is important because it can increase your risk of developing a painful condition called dry socket.

SSS Contact numbers

Clinical Nurse Lead – 01934 881379

Patient Pathway Co-ordinator – 01934 881349

If you need urgent medical assistance contact your own dentist or call 111/999 if out of hours.



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