

ADVICE AFTER EXTRACTIONS

1. Do not drink anything alcoholic today.
2. If you smoke please do not smoke for at least the next six hours.
3. Avoid exercise and rest with your head above the level of your feet, using an extra pillow at night.
4. Do not rinse the mouth out today. Use mild analgesics as necessary but avoid Aspirin (or any pain killers containing Aspirin).
5. From tomorrow rinse your mouth with warm salty water every few hours (Use a heaped teaspoonful of salt to a tumbler of hot water)
6. You may feel a sharp edge of a socket with your tongue and small fragments may work loose over the next few days. This is normal.

IF EXCESSIVE BLEEDING OCCURS

1. Carry out the instructions above, making certain to avoid severe rinsing which will prevent blood clotting in the socket.
2. Use some clean linen or gauze about 4cm (1½ inches) wide to make a roll 2cm (½ inch) thick, thus forming a firm pad. Make a few pads if necessary. Pads of tissue or kitchen roll may also be used.
3. Keep sitting up and clear the mouth of loose blood clot using a clean linen square or tissue so that you can find which socket is bleeding. This is important.
4. Place the pad across the bleeding socket from the tongue side to the cheek side. If the socket is between two standing teeth constrict the pad to fit the space.
5. Bite firmly to compress the pad on the bleeding socket for 10-15 minutes. Do not lie down. Inspect the socket and replace the pad or use another one if bleeding still appears from the socket.
6. If your efforts are still unsuccessful after an hour or two contact the practice.

