

Hamilton Dental Centre

caring for your smile

Advice after extraction

For 24 hours after an extraction:

DO NOT *rinse your mouth out or use mouthwash*

DO NOT *smoke or drink alcohol*

DO NOT *exercise*

DO NOT *drink hot drinks*

Be careful not to bite your lip, cheek or tongue. The numbness will last a couple of hours.

The numbness will start to wear off after 2 hours. You may have some pain/swelling after this.

This may be relieved with normal painkiller, use whatever you would normally take for a headache. Follow the instructions on the packet.

Do not use aspirin as a painkiller, if you have been prescribed aspirin by your doctor then continue as normal. You may brush your teeth at night on the day you have an extraction but be gentle in that area!

Try to keep your fingers and tongue away from the socket.

It is normal for the socket to feel sharp and you may feel small pieces bone in your mouth after an extraction.

If the bleeding starts up again roll up a clean cotton handkerchief or a piece of gauze and bite firmly on it to put pressure on the wound. The bleeding should stop within 20 minutes.

The next day start using hot salt water mouthwash 3 or 4 times a day and continue for the next few days (usually after mealtimes).

If your mouth starts to feel worse after a few days instead of better then it is likely you have picked up an infection. If this happens please contact us.

In case of emergencies call us on 01698 426600

If out of hours call 08454 24 24 24