

Dental Extraction Post Operative Instructions

On the day of treatment

- Do not rinse your mouth for 24hours.
- It is important you eat meals at normal times today, however avoid hot fluids, alcohol, hard or chewy foods. Choose cool drinks and soft foods.
- Should the wound start to bleed, apply a small compress. This can be made from some cotton wool in a clean handkerchief. Place this on the bleeding point and bite firmly on it for 5-10minutes or longer if necessary.
- If you cannot stop the bleeding yourself, please seek professional advice.
- Avoid smoking as this increases the risk of postoperative complications and pain.
- Any pain or soreness can be relieved by taking tablets such as paracetamol (panadol) 2 tablets every 4hours as required (for adults). Do not take more than

the recommended number per day.

- Do not overexert yourself the day of an extraction.
- Try and remain upright for a few hours following the extraction, as lying down will encourage bleeding.

On the day following treatment and subsequent 5-7days

- Rinse your mouth frequently with hot salt-water mouthwashes or chlorhexidine (Corsodyl) mouth rinse.
- Severe pain after a dental extraction is unusual and may indicate postoperative infection please seek professional advice.

Dental Extraction



01384 292666

Wall Heath Dental Practice
7 High Street
Wall Heath
West Midlands
DY6 0HA

Tel: 01384 292666
email: info@wallheathdental.co.uk
www.wallheathdental.co.uk