Lancashire Teaching Hospitals
NHS Foundation Trust

Information for patients and carers

Care after a Dental Extraction for Adult Patients

What should I do when I get home?

You should:

- Avoid touching where the tooth has been removed
- Do not spit or rinse your mouth as this can cause more bleeding
- Rest and avoid strenuous exercise
- Avoid smoking

You will have had a local anaesthetic (dental injection) and feel numb. When this wears off, you may feel a little sore. If you need to, you may have a painkiller. It is important that you have one that is suitable for you and any medical conditions that you have. The dentist will advise you on this before you leave the dental surgery. It is important that you take the right dose and therefore please read the instructions carefully on the packet.

Can I eat or drink after?

Whilst your mouth is numb, it is important to avoid very hot food or drink and have soft or cooler foods. It is important to eat on the other side to where the tooth or teeth have been removed if possible.

Can I smoke after?

It is important that you do not smoke after a dental extraction as it can affect the healing of the socket. The longer that you avoid smoking the better, as it reduces the risk of complications.

What should I do if I notice bleeding?

It is normal to see a little bit of blood mixed with saliva but if you start to bleed, then please use the cotton gauze given to you in the pack. Take the gauze, unravel the string and dampen it with a little bit of water.

Place it in your mouth where you have had teeth removed with the string outside your mouth. Bite down for 30 minutes.
This should control the bleeding but if it does not, please contact the department. The telephone number is on the bottom of the leaflet.
If it is out of working hours, please ring 111 for the emergency dental service.
For patients that are on blood thinners or have a clotting disorder, please attend the Emergency Department at your local hospital.

How to care for your mouth after the treatment

The next day:

- Brush your teeth the day after tooth removal, do not do this on the day
- Brush as normal. Go gently around the area that has been treated, avoiding the socket
- After every meal, you need to rinse your mouth with warm salty water. To make this, use one teaspoon of normal salt to a cup of warm water. It is important to keep your mouth clean and the socket clear of food and debris

How long will it take to heal?

After a clot has formed in the socket and the bleeding has stopped, the socket usually heals over the next couple of weeks. Some patients may be taking medication or have a medical issue that interferes with the healing process, your dentist will explain if this applies to you.

My pain is getting worse and not better, what should I do?

After a few days, your symptoms such as pain or swelling should start to get better. If it is getting worse, you may have an infection or dry socket. A dry socket is where the clot does not form properly or gets dislodged exposing the bone which is very painful. Dry sockets are often linked to smoking. Please contact the department on the details below. If it is out of working hours, please ring 111 for the emergency dental service.

Contact details

Should you require further advice or information please contact Special Care Dentistry department on:
Chorley:**01257 245660** and ask to speak to a member of the Special Care Dentistry team
Walk in Centre Skelmersdale: Direct line: **07895 208608**

Sources of further information

www.lancsteachinghospitals.nhs.uk
www.nhs.uk
www.accessable.co.uk
www.patient.co.uk
www.lancsteachinghospitals.nhs.uk/veteran-aware
https://bepartofresearch.nihr.ac.uk/

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All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638.**

Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:
patientexperienceandinvolvem@LTHTR.nhs.uk

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