



Advice following an extraction

You now have a space in your jaw where a tooth has been removed. The socket fills with a blood 'clot'. This must be preserved to prevent food and germs entering that may cause infection, and to reduce bleeding. Please follow these instructions carefully:

For the first 24 hours after your extraction:

Do not rinse excessively

Do not put your tongue in the socket

Do not exercise or take alcohol

Do not smoke

Do try to avoid the socket when eating and drinking

If the socket bleeds:

Roll up a clean dampened gauze

Place this across the socket

Bite hard on it for 20 to 30 minutes. The pressure from this should stop the bleeding

If excessive bleeding still continues and you are worried, please contact the practice for advice

After the first 24 hours:

It is now important to keep the healing socket infection free. Therefore, rinse gently up to 5 times a day with warm salt water (one teaspoon of salt in a tumbler of water). Do this for at least 2-3 days. If excessive pain or swelling still persists, the socket may be infected. If you are worried, please contact the practice for advice.

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