



## **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 handkerchief into a sausage shape

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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