

After Your Extraction — Looking After Yourself

Please keep this sheet and follow it carefully

Having a tooth out leaves a small wound that needs to form and keep a blood clot so it can heal. The advice below helps healing and lowers the risk of bleeding, infection and a painful 'dry socket'.

For the first 24 hours

- Do not rinse, spit or swish for the rest of today — this protects the blood clot.
- Avoid hot food and drinks, alcohol, smoking and strenuous exercise today.
- Eat soft food and chew on the other side. Avoid very hard, crunchy or chewy food.
- Rest, and keep your head up (use an extra pillow at night).

If it bleeds

- A little oozing is normal. If it bleeds more, roll a clean gauze or cotton handkerchief into a pad, place it over the socket and bite firmly for 20 minutes without checking.
- Repeat once if needed. Sit upright and stay calm.
- If heavy bleeding does not stop after repeated pressure, contact us, or call 111 — or 999 in an emergency.

From the next day

- Gently rinse with warm salt water (a teaspoon of salt in a mug of warm water) after meals and several times a day for a few days.
- Keep brushing your other teeth as normal; be gentle near the socket.
- Continue soft foods until it feels comfortable.

Pain relief

Take your usual painkillers (for example paracetamol or ibuprofen) as directed on the packet, as long as they are suitable for you. Some discomfort for a few days is normal.

Watch for a 'dry socket'

If a throbbing ache starts around day 2–4, often with a bad taste or smell, the clot may have been lost. This is treatable — please contact us.

When to get urgent help

- Bleeding you cannot control with pressure.

- Increasing swelling, fever, or difficulty swallowing or breathing — these can be signs of spreading infection. Call 999 if you have difficulty breathing or swallowing.
- Severe pain not helped by painkillers.

Notes & customisation

Your consent

My consent. I have read and understood this aftercare information. I have had the chance to ask questions and have them answered, and I know how to contact the practice if I have concerns. The Home Visit Terms & Important Information that apply to all treatments form part of this.

Patient (or representative) name

Relationship to patient (if not the patient)

Patient / representative signature

Date

Dentist name

Dentist signature & date

Our **Home Visit Terms & Important Information** (which apply to all treatments) form part of this consent and are provided alongside it.