Post-Operative Instructions following Dental Extractions and treatment under General Anaesthesia

Post Extraction Advice

We will ensure that the bleeding has stopped before you leave the surgery/hospital. Please follow these instructions to make sure you heal as quickly and as well as possible

After you have had a tooth out, UNTIL THE DAY AFTER EXTRACTIONS:

- DO NOT rinse your mouth out vigorously as this may cause bleeding
- DO NOT smoke for 2-3 days
- DO NOT drink alcohol for 24 hours
- Do not eat or drink anything hot until the numbness wears off. Avoid spicy, sticky, hard or crunchy foods. Have soft foods such as soups, yoghurts, beans and soft rice
- DO NOT exercise
- AVOID any sucking actions (e.g. using a straw or smoking a cigarette) as the pressure used may dislodge the blood clot which is formed over the socket

If the socket bleeds, please do the following:

1. Make a pack out of clean cloth (not cotton wool or tissue paper)
2. Put the pack over the area, which is bleeding, and bite or put pressure on it continually for 15 minutes
3. After a full 15 minutes, remove the pack gently and check the socket has stopped bleeding
4. Repeat if necessary, until bleeding stops

Oral Hygiene and Pain Relief

Some discomfort and swelling is normal after an extraction. If the socket is painful, take Paracetamol. Do not exceed the maximum dose.

A clean mouth heals faster, so it is important to start your brushing again after 24 hours, even if it is sore. The day after extraction, rinsing your mouth with a warm salt mouthwash will help healing.

- Dissolve 2 teaspoons of salt in a mug of warm water
- Gently swill it over the extraction socket(s)
- Spit it out once it cools, and repeat 3-4 times

Chlorhexidine Gluoconate (e.g. Corsodyl) may be useful in keeping the mouth clean following an extraction. It should not be used for more than 10 days. All traces of toothpaste must be removed by rinsing, before using, to maximise its effect.

Post General Anaesthetic Instruction

- After about 1 hour, the patient can have small amounts of drink and soft, easily digestible food
- The patient will need to stay at home for the rest of the day, and be supervised for 24 hours, but will probably be fit enough to attend school (if applicable) the following day
- Do not allow the patient to ride a bike for 24 hours

Any concerns

If you are worried, first check that you have followed the above advice. If you are still concerned, especially if there is severe pain or persistent bleeding, please phone the surgery you visited during work hours. If the surgery is closed, telephone NHS Direct on 111.