



What to Do After a Tooth Extraction

A patient's guide



Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or

whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Twitter.com/WhitHealth
Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 30/11/2021
Review date: 30/11/2023
Ref: SC/Dent/WTD/01

© Whittington Health
Please recycle

What to Expect

- Local anaesthetic normally lasts 2-3 hours.
- Some swelling and soreness are normal for the first 2-3 days.
- A small amount of blood in the saliva is normal for 1-2 days.
- Any sharp areas around the socket which will disappear as healing occurs.

Please follow the instructions in this leaflet to help reduce pain and bleeding.

The Day of the Extraction

Do NOT:

- Rinse your mouth out or spit for the rest of the day.
- Smoke.
- Drink alcohol.
- Have very hot or very cold drinks or food until the anaesthetic wears off.
- Disturb the blood clot with your tongue or fingers; try to leave the socket alone.

Do:

- Rest. Try not to carry out any strenuous activities.
- Start taking painkillers before the anaesthetic wears off but avoid any containing aspirin.
- Eat soft foods.
- Use the swab provided if you get any bleeding. Place it over the socket and apply pressure either by biting it or with your finger.
Do this for **at least 20 minutes** before removing the swab.
- Try to brush your other teeth but take care around the socket.

From 12 Hours after the Extraction

Begin to rinse your mouth with warm saltwater mouthwashes.

This can be prepared and used as follows:

- Fill a tumbler or cup with warm water.
- Add a level teaspoon of salt and stir to dissolve.
- Take a mouthful of the mouthwash and hold it by the socket until the heat goes.
- Spit this out and repeat until the mouthwash is gone.
- This can be done as often as you wish and is especially recommended for after meals.

Special Instructions

- Take any antibiotics prescribed to you and finish the course.
- If stitches and packing are placed these will usually dissolve in 2-3 weeks.

If you are worried about severe pain, swelling or bleeding, contact the clinic where you had your tooth extracted or Head Office on 0203 316 8353.

Out of clinic hours please call **111**.