

CARE AFTER EXTRACTIONS (Immediate Denture placed)

After the tooth is extracted, the socket left behind fills with blood, which clots and heals over.

Do not disturb the blood clot.

Do not poke at it with your tongue or finger.

The immediate denture will help to protect the socket, please leave the denture in place over night if at all possible. The denture may be removed carefully on the day after the extraction and cleaned.

Do not rinse the mouth for 24 hours after the extraction. After 24 hours you should start bathing the socket area with an antiseptic mouthwash from the chemist (e.g. Listerine) or warm salt water {Dissolve a level teaspoonful of common table salt in a cup of warm water}. Ensure that the water is not too hot for your mouth. Take a sip of this and hold it over the socket area for 30 seconds and then spit out. Do not vigorously rinse the socket area - just bathe it. Repeat until you have used all the water in the cup. Do this 4 times a day.

BLEEDING

When you leave the surgery the socket will have stopped bleeding.

If you disturb the wound it may start bleeding again. Keeping your denture in place will maintain pressure on the socket and ensure the blood clot is not lost.

Rest is very important as it reduces the blood pressure. If bleeding continues, and you are concerned, please contact the Practice.

PAIN

After the anaesthetic wears off there should be no more than a dull ache present; this should last for 24 hours or so.

Any pain or soreness can be relieved by taking a suitable painkiller (**one not containing aspirin**). Do not exceed the recommended dosage. If any severe pain worries you, do not hesitate to contact the Practice

EATING & DRINKING

Do not eat until the anaesthetic has fully worn off and then only eat soft foods. Avoid chewing in the area of the extraction for at least 3 days. Drinks such as warm tea are fine, but drink them straight back and do not swill them around the socket. Do not consume alcoholic drinks, or smoke, for the next 24 hours.

WORK

Prolonged physical exertion is not advised until the following day at the earliest . If in doubt ask your Dentist

BRUSHING

Use your toothbrush as normal but take care around the extraction site. It is important that you keep your mouth as clean as possible to allow the area to heal properly