

## PATIENT INFORMATION



### Tooth Extraction – Before your treatment

- Please feel free to ask any questions you have prior to the procedure
- We aim to make the procedure as quick and comfortable as possible but please be prepared that it could take longer than anticipated should any difficulties arise. You will be informed immediately should there be any difficulties.
- The dentist will ask for your medical history but please have to hand any medication details. If you take Warfarin please be sure to have the most recent INR reading available to give to the dentist. If you take Aspirin do not take the dose on the day of the procedure.
- You may want to bring someone along with you to be present when we give you post-operative instructions with you and provide transportation after the treatment.
- Ensure you eat before your surgery as you may not be able to eat for a few hours afterwards.
- Avoid alcohol for at least 12 hours prior to procedure.
- Wear comfortable clothing to the appointment.

### Tooth Extraction – After your treatment

- Avoid eating until the effects of the anaesthetic have worn off as you may accidentally bite your cheek, lip or tongue while numb.
  - Avoid HOT food or drink, as while numb, you will not feel the hot sensation which can result in accidental burning.
  - Do not rinse your mouth for the rest of the day.
  - Avoid vigorous exercise.
  - Avoid drinking an excessive amount of alcohol for the remainder of the day.
  - Avoid smoking for 2-3 days.

If bleeding does occur, place a wad of clean damp gauze across the socket and bite down on it for 15 minutes. If bleeding persists after that please contact the dental surgery: 01234 263050. If it is out of practice hours please call the emergency number: 08456 030857

### Tooth Extraction – The following day

Warm salt water rinses should be started 24hours after extraction in order to keep the area clean and aid healing.

- Fill a small glass with hot water. It should be as hot as you can hold in your mouth.
- Put one flat teaspoon of salt into the water and stir well.
- Take a mouth full of water and hold it over the sore part.
- DO NOT RINSE VIGOROUSLY. Hold for 30 seconds.
- After this time empty the mouth and repeat until the glass is empty.
- Do this after EVERY meal for the next 3-5 days.