

Health Advice

What should I do after having an extraction?

1. Do not rinse your mouth out for at least 12 hours.
2. Avoid strenuous exercise or physical work on the day of the extraction.
3. Avoid excess alcohol and smoking.
4. If bleeding should persist, roll up a handkerchief or similar pad (not a tissue); place it over the wound and bite firmly for thirty minutes.
5. Ibuprofen or paracetamol are the most effective painkillers for any discomfort.
6. On the following day, start to use a hot salt-water mouthwash. Dissolve a teaspoon of salt in a tumbler of warm (not hot) water, and rinse the area three or four times daily and after eating.

If bleeding should still persist, or if any other problems arise, please do not hesitate to contact the surgery.

Out of hours, please telephone **07967 128 996** and leave your telephone number (including the area code even if it is Wolverhampton). The dentist on call will contact you as soon as possible.