

# Care Advice

## Following your Extraction

After your tooth has been taken out, a clot (or “*plug*”) will form in the remaining socket.

It is important that this plug is preserved to prevent inflammation, infection and potential pain after the procedure.

***The following instructions will help you to look after the plug:***

### ***Today***

- Avoid rinsing your mouth out for at least 24 hours after leaving the surgery.
- Take painkillers if necessary and as directed on the package; paracetamol, codeine or ibuprofen. (Assuming that you are able to take them).
- If bleeding starts again, then apply thick absorbent cotton eg. a handkerchief to the site for 20 minutes. If bleeding continues contact the dental surgery.
- Avoid excessive exercise for at least 24 hours after leaving the surgery
- Keep your mouth as clean as possible. Regular tooth brushing starting 6 hours after treatment will promote healing. Being ***careful not to brush out clot.***
- **Avoid** alcohol, tobacco and aspirin unless normal medication.

### ***The next day***

- 24 hours after the extraction begin ***gentle*** salt water mouthwashes after each meal if possible to prevent infection and promote healing. This should be continued for at least 5 days.
- Smoking increases the risk of the socket becoming inflamed & infected; try to refrain from smoking for as long as possible.

If you have any concerns please feel free to contact the surgery during normal working hours. Alternatively, in an emergency you can contact NHS Direct on 08454647

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