



**STEPHEN RANKIN B.D.S.**  
**30 ELLON ROAD**  
**BRIDGE OF DON**  
**ABERDEEN**  
**01224 820775**



### **ADVICE SHEET FOLLOWING DENTAL EXTRACTIONS**

1. Avoid strenuous exercise following an extraction.
2. DO NOT drink anything alcoholic for some hours.
3. DO NOT smoke for a few days after an extraction.
4. Have nothing to eat or drink for one hour after an extraction
5. You may feel a sharp edge on the socket with your tongue. Small bone fragments may also work loose. This is normal.
6. The following day – rinse out your mouth with hot salt water (1 teaspoon of salt in a tumblerful of hot water) 3-4 times a day.
7. You will obviously experience pain after dental extractions, so please make sure you have sufficient "painkillers". Paracetamol and Ibuprofen are very effective and are to be recommended for your use.



### **IF EXCESSIVE BLEEDING OCCURS**

1. Use some clean linen or gauze to make a roll about 1 inch thick ( a linene handkerchief is ideal, thus forming a firm pad.
2. Clear the mouth of any loose blood clots to find the bleeding socket.
3. Place the pad across the bleeding socket and bite firmly for about 30 mins. while sitting up. DO NOT LIE DOWN!
4. Inspect the socket after this time, and if necessary replace the pad if bleeding still appears from the socket.
5. If after two hours have elapsed your efforts have been unsuccessful then contact the surgery for instructions.

