

DISCHARGE ADVICE

FOLLOWING EXTRACTION OF TEETH

- Do not rinse your mouth for 4 hours after extraction, after that time you can bath your mouth gently with warm salt water. Use warm salt mouthwash following meals for the next few days. You can gently clean your mouth with a toothbrush, although you should avoid the socket (hollow in which the tooth fits).
- Avoid eating hard or sharp foods and drinking hot liquids.
- Try to relax and take it easy for the rest of the day.
- If you begin to bleed from the extraction site place a small pack of clean cotton, e.g. clean rolled handkerchief, over the socket and bite firmly on it. If you cannot stop the bleeding within half an hour return to the clinic immediately. **If you cannot contact the dentist then continue to bite on a pad and attend your local A&E Department.**
- If a local anaesthetic has been used (injection in the mouth to numb the area) try to avoid accidentally biting lips, tongue or cheek, and avoid food or drink which is too hot, whilst still numb.
- In some cases the socket may become painful after a few days, if this occurs please contact the clinic for advice.
- If you suffer the following after tooth extraction: bleeding, excessive pain, swelling etc please inform the Dentist at the clinic as soon as possible on **0151 600 1724**
- If you are unable to get through to the dentist on that number **you can contact the Royal Liverpool University Hospital switchboard on 0151 709 2000** and ask for the SHO on call for the Dental Hospital, who will give you advice.