

# Advice after dental extraction or minor oral surgery (1 of 2)



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You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Nicola Jones  
Role: Staff Grade Oral Surgeon  
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## After the operation

**Discomfort:** If you (or your child) experience discomfort after the operation, a mild painkiller such as paracetamol (paracetamol suspension for children) should help relieve it. Depending on the operation, some adults will be given medication to take home, please take this, being careful to follow the instructions on the leaflet provided.

**Activity:** Take things easy for the first 24 hours.

## Is there anything I should not do after the operation?

After removal of a tooth, the blood normally clots in the empty socket. This clot is important in the healing process and care should be taken not to disturb it.

- Do not use any mouthwash for 24 hours after extraction. After this time you should use an antiseptic mouthwash from the chemist or supermarket or alternatively warm salt mouthwashes (dissolve a teaspoon of salt in some warm water). Use a mouthwash 3-6 times a day until the wound has healed.
- Do not suck the wound.
- Do not touch the socket with your finger.
- Brush your remaining teeth as usual. Care should be taken around the socket.
- Eat on the opposite side from the operation and to avoid nuts or chewy foods for the first week.

## Bleeding

A certain amount of bleeding is to be expected after the operation, but if this bleeding continues after reaching home, please:

1. rest quietly avoiding exertion.
2. avoid rinsing of the mouth.

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3. make a small pad by folding a clean handkerchief into several layers and place this over the tooth socket, keeping the jaws firmly closed on it to keep pressure over the socket for at least 20 minutes.

If the bleeding is excessive or continues for more than a few hours, consult your dental surgeon or your G.P.

Do Not Smoke for at least 48 hours after your extraction. If you do smoke during this period you are at a much higher risk of developing a dry socket. This is extremely painful, and best avoided.

## Further information

The British Dental Health Foundation is the leading UK-based independent charity working to bring about improved standards of oral health care.

website: [www.dentalhealth.org.uk](http://www.dentalhealth.org.uk)

Smile House, 2 East Union Street, Rugby,

Warwickshire, CV22 6AJ

0870 770 4000

Dental Helpline: 0845 063 1188 (local call rate in the UK)

NHS Direct on NHS Direct operates a 24-hour nurse advice and health information service, providing confidential information on a wide variety of subjects including disease management and self-help groups in your area.

Telephone: 0845 46 47

website: [www.nhs.uk](http://www.nhs.uk)