

# Instructions following extraction of a tooth

## **For the first 24 hours**

Try to keep meals light, soft and not too hot.

Do not smoke or drink alcohol.

Avoid rinsing your mouth as this may disturb the protective clot that is forming.

Take a painkiller if required, taking care not to exceed the recommended dose stated on the packet.

Be careful not to bite any areas of the mouth which may be numb after the anaesthetic.

Avoid playing sport.

If you find the socket is bleeding, bite on a cotton pad for 15-30 mins. If the bleeding persists after this, seek further advice. (see emergency dept.)

## **After 24 Hours**

Rinse regularly with warm/hot water mixed with a teaspoon of salt, especially after eating. Continue this for 3 to 4 days.

### **Useful contact numbers**

Rice Lane Dental Practice: 0151 525 3598

NHS Direct: 111

Fazakerly Hospital: 0151 525 5980