



Country Dental

Mount House,
17 Mount Street,
Hythe,
Kent CT21 5NT

Appointments:
01303 266657

Opening times:
Monday to Friday
9.00am to 1.00pm
2.00pm to 6.00pm

Late evenings
by appointment

country-dental.co.uk

@CountryDentalHythe



For a dental
emergency that is
out of our opening
hours, please call
NHS Denteline
Emergency Clinic
01634 890300

Tooth Extraction Advice

Before extraction

Ensure you have something to eat and drink before your extraction appointment. This will increase your blood sugar level during your visit to avoid you feeling hungry, tired or light headed during the procedure.

After extraction

- Avoid exercise-rest as much as you can. This avoids an increase in blood pressure and heart rate to reduce the amount of bleeding you have in addition to allowing recovery from the procedure.
- Avoid eating or drinking until the anaesthetic wears off to avoid trauma to your soft tissues.
- If you notice any bleeding spit out, do not rinse. Take an extraction pack or a rolled up hanky, place over the bleeding socket and bite to create pressure over the area for 10 to 15 minutes. Then check, repeat if necessary. If bleeding persists and you cannot control it – ring the surgery, or if out of hours, call the emergency line for advice or visit your local emergency department.
- Do not rinse your mouth on the day of the extraction and avoid brushing your teeth.
- The day **after** extraction, rinse with warm salt water (one teaspoon of salt in a cup of warm water) two to three times a day to keep the socket clean and aid healing. Do not rinse on the day of the extraction as this can wash the blood clot away.
- You may experience some discomfort after the extraction. If you do, take your normal headache tablet but avoid aspirin as it will encourage bleeding.
- You may have some swelling, discomfort, numbness or bruising after an extraction. These symptoms should all reduce within a few days. If any one symptom persists contact the surgery.
- On the first night after the extraction use an extra pillow to keep your head raised – you might cover the pillow with a towel to protect the pillow from staining.
- Do not drink alcohol for 24 hours as this can increase your risk of persistent bleeding.
- Avoid smoking for a few days as smoking can delay healing and will increase the risk of post-operative problems.
- Sometimes your socket may not form a good blood clot or the clot is disturbed resulting in a dry socket. This can be quite painful – usually a couple of days after the extraction. If you do experience an increase in pain you may have a dry socket which will need attention.
Ring the surgery for advice (01303 266657).