



**Avondale House Dental Surgery**  
37 Anson Street  
Rugeley  
Staffordshire  
WS15 2BA

**Telephone: 01889 582080**

## **Post Extraction Patient Advice**

**If you have had teeth extracted, here are a few tips to help you reduce the discomfort:**

Try not to disturb the site: Don't rinse, smoke or drink alcohol or hot drinks for 24 hours afterwards.

Don't wait for the anaesthetic to wear off before taking a painkiller. The anaesthetic will only last for 1 to 3 hours and it is easier to prevent the pain from starting, rather than trying to cure the pain later.

If the site starts to bleed, hold a piece of damp cotton wool or a damp handkerchief on it undisturbed for at least 10 minutes.

If the bleeding persists, phone your dentist for advice.

Starting from tomorrow, rinse your mouth using a teaspoon of salt dissolved in a glass of warm water. Do this for the next 3 days every meal.