

SHARROW
Dental Care

ADVENT
Dental Practice

SPRINGFIELD
Dental Practice

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SCAN ME

ADVICE AFTER DENTAL EXTRACTIONS

It is very important to look after yourself following any dental surgery.

The advice below may help in reducing post-operative pain, bleeding, bruising, swelling & chance of infection.

Do clean your teeth as normal 2x a day being gentle around the extraction site

Don't eat or drink for 3-4 hours after the extraction

Do eat soft foods for up to a week

Don't drink alcohol or exercise for 24 hours as this can encourage bleeding

Do rinse your mouth with warm salt water 4x a day 24 hours AFTER the extraction

Don't spit or rinse your mouth for 24 hours to allow the socket to heal

Do use pain relief as required (paracetamol or ibuprofen)

Don't smoke for 48 hours

Do expect slight bleeding from the extraction site, if bleeding persists bite firmly on a wet gauze or clean towel for at least 30 minutes

IF advised by dentist, avoid blowing your nose or spitting for 2-3 days

IF bleeding does not stop, contact your dentist or go to A&E

» If stitches have been used these will dissolve in 2 weeks unless you are told otherwise. Make sure to keep the stitches clean with regular brushing and rinsing.

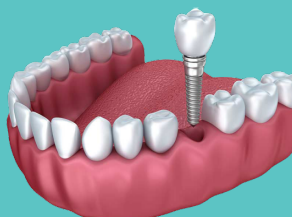
» It can take from 2 weeks to 3 months for the area to heal.

» Please contact us if you have any uncontrolled bleeding, abnormal swelling or pain that is not controlled by pain relief.

HOW CAN I FILL THE SPACE?

» There are 3 options to replace the space left by missing teeth.

Implant



Bridge



Denture



» Implants are the **gold standard** replacement option following extractions.

» Our implant consultations are **FREE**.

» Each restorative option is personal to you. Please contact us for advice and to discuss the risks, benefits & cost. Our very experienced dentists will be more than happy to speak to you about your individual treatment.

» We provide both NHS & private options.