



## COIA & ASSOCIATES

### ADVICE AFTER EXTRACTIONS

#### TODAY

- **Take it easy.** Lots of activity will raise blood pressure and may restart bleeding
- **Do not rinse mouth out until tomorrow**
- **Avoid smoking for as long as possible.** Smoking lessens blood supply to gums so can slow healing process and make infection more likely.
- **Avoid alcohol for some hours.** May restart bleeding.
- **Some pain and swelling may happen.** Simple painkillers such as ibuprofen or paracetamol, as directed on packet should help. Not Aspirin as may restart bleeding.
- **Take soft food and drink.** Not very hot or very cold.

#### IF BLEEDING DOES NOT STOP

- Take a simple painkiller like Ibuprofen or paracetamol, as directed on the packet.
- Make a pad with a clean cloth hanky or gauze.
- Sit upright, clean away loose blood clot and find where bleeding is coming from.
- Place the pad over the socket until you feel pressure there. Bite together for 30 minutes. The pressure stops the bleeding. Repeat this if needed.
- If bleeding continues contact the surgery on 0141 339 5343. At night or at the weekend contact NHS 24 on 08454 242424.

#### FOLLOWING DAY AND BEYOND

- **Rinse mouth after eating with hot, salty water 4 times a day.** To help prevent infection (One teaspoon of salt in a mug of boiled water from the kettle, allow to cool a bit). You can use Corsodyl mouthwash 2 times a day.
- **Continue with soft foods as necessary.**
- **You may feel sharp edges of the socket with your tongue.** Small bits of bone may work loose, this is normal, If you have stitches these are removed in a weeks time.

**IF DISCOMFORT GETS WORSE RATHER THAN BETTER PLEASE CONTACT THE SURGERY ON 0141 339 5343**