Pre-Operative Instructions for Extractions

Please ensure that you have completed and updated your medical history form before the extraction appointment. Please inform us if your medical history has changed e.g., if you are taking any new medication, are currently taking blood-thinning medication, have had treatment for weak bones or for cancer, or if you are a diabetic. In addition to this, the following steps will help ensure that you are prepared for the procedure:

- dental extractions are a common procedure so please try to relax before your appointment
- make sure that you have eaten something beforehand to maintain your energy and blood sugar levels
- please ensure that you take your prescribed medication as normal unless you are advised otherwise by your dentist or doctor
- it would be advisable to bring someone with you who can drive and accompany you home
- wear comfortable clothing and shoes so that you are able to relax before, during and after the procedure
- if you are a carer it may be advisable to make arrangements for additional support on the day of the procedure
- it is advisable to transfer to light duties for the rest of the day and avoid stress or physical exercise
- please familiarise yourself with the post-operative procedures overleaf so that you can make plans accordingly

It is sometimes beneficial to replace missing teeth for clinical or cosmetic reasons. This can be done by using dentures, bridges or dental implants. Dental implants are often the ideal choice for the replacement of missing teeth. If you are considering dental implants, please inform your dentist as this may affect the extraction procedure. Should you have any queries please do not hesitate to ask your dentist for further information.

Station House Dental Practice
Post-Operative Instructions for Extractions

Following extraction, there may be discomfort, bruising, swelling or limited mouth-opening for the first few days. Please note that exercise or strenuous work should be avoided for the first 48 hours as this may promote bleeding. Please read the instructions carefully and if you have any questions, please do not hesitate to bring them to our attention.

**BLEEDING;** will be under control by the time you leave the practice. Some oozing or blood-tinged saliva may persist for up to 36 hours. Should excessive bleeding occur, then it should be controlled with pressure by biting firmly on a folded gauze pad or handkerchief for 45 minutes, whilst sitting upright.

**HEALING;** will be delayed if you disturb the socket with your tongue, eat food on that side, or by vigorous rinsing. You may be able to feel the sharp edges of the socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.

**PAIN;** is best controlled by medications recommended by the dentist. They are most effective when taken before the local anaesthesia diminishes and normal sensation returns. Do not take pain relief pills on an empty stomach and seek advice if you are unsure.

**ORAL HYGIENE;** should not be neglected. Try to brush your teeth as usual and rinse gently with warm salt water after each meal and at least every 4-hourly for the next few days. Do not brush the surgical area for the next 3-4 days and use an antiseptic mouthwash if recommended by your dentist.

**DIET;** soft foods and liquids will be required for 24-48 hours following surgery. Do not drink through a straw and avoid drinking alcohol or smoking for at least 48 hours. If you have had surgery on one side of the mouth, favour the other side while chewing for the first few days.

**SWELLING;** may occur from the procedure and normally starts to subside after 48-72 hours. Sleeping with the head of the bed elevated above the level of the heart for the first two nights may lessen the swelling. If the swelling increases and affects your breathing seek urgent medical advice.

**EMERGENCIES;** in case of profuse bleeding, unmanageable pain, persistent nausea or abnormal elevation of temperature, telephone the practice on 01952 610061 for advice and information. If in any doubt please call NHS 111 or attend your local emergency centre.