

Problems after a tooth extraction



After you have a tooth extracted, it is common to experience some discomfort and a small amount of bleeding. Follow the instructions given to you by your dentist to help the area heal as quickly as possible.

- Pain can usually be controlled with painkillers e.g. Paracetamol and/or Ibuprofen (following packet instructions for dosage).
- Do not rinse your mouth out on the day of the extraction. The day after extraction, start rinsing your mouth gently with warm, salty water for one minute at least 3-4 times daily.
- Try to avoid smoking for as long as possible after the extraction. Smoking is one of the most common causes of pain.

If the extraction socket will not stop bleeding:

- Do not rinse your mouth.
- Do not exercise or drink alcohol.
- Bite firmly on some gauze or a clean handkerchief for 30 minutes. The pressure should stop bleeding and allow a clot to form. If this doesn't work first time, repeat this step once.
- Eat a soft diet and try to keep food away from the socket.
- Brush your teeth gently near the socket.

If you cannot control the bleeding despite trying all of the measures above or you have worsening pain, which is not manageable with painkillers, call your dental practice by telephone. If you do not have a regular dentist or it is out of hours, call [111](tel:111) or NHS Direct Wales on [0845 46 47](tel:08454647).