

Community Dental Service

Advice after dental extractions information for patients



Following a dental extraction/s

After a tooth is removed a blood clot will form where the tooth was taken out; this blood clot is what heals the socket. It is therefore important to follow the instructions below as they will help to reduce post-operative pain, swelling, tenderness and aid healing, as well as prevent infection:

- If a local anaesthetic (injection in the gum) has been used, be careful not to bite your lips or tongue
- Keep meals light and soft for a day or two
- Do not play sport or undertake any physical activity for 24 hours
- Do not rinse your mouth for at least 24 hours. After 24 hours, rinse lightly with warm salty water – one teaspoon of salt in a cup of boiled water which has cooled
- If your mouth is sore take a painkiller such as paracetamol, you must follow the instructions on the packet or ask a pharmacist if you are taking any other medication
- Avoid taking aspirin as this can worsen bleeding from the extraction socket/s
- Avoid food or drink which is too hot
- Do not smoke or drink alcohol for at least 24 hours.

In case of bleeding

Bleeding should stop soon after treatment but the area where the tooth/teeth have been removed will ooze slightly for about 24 hours.

- In the event of continued bleeding, apply pressure to the socket with the clean absorbent pad you have been given or roll up a small clean handkerchief, or the corner of a clean tea towel.
- Place it over the socket.
- Sit upright and bite on the clean cotton pad firmly for 15 to 30 minutes - do not lie down whilst doing this.

If the patient is unable to do the above, keep them as calm and settled as possible, and ask them to sit upright for 20 minutes to see if the bleeding stops.

If the bleeding does not stop, you must seek dental advice (clinic contact numbers for in hours and out of hours are listed towards the end of this leaflet).

Lukewarm saltwater rinse

If the patient is able to use mouthwashes correctly and spit out, a lukewarm saltwater rinse can be used the day after the teeth have been removed.

- Add one teaspoon of table salt to half a glass of warm water.
- Ask the patient to hold the salty water in their mouth over the socket for 30 seconds then spit out.
- Do this three times a day for several days afterwards. This will help with the healing process.

If the patient cannot use a mouthwash correctly, encourage them to drink plenty of fluids.

Pain control

Some discomfort, swelling of the gum and bruising can be expected after having a tooth removed.

If the patient is able, they should be helped to follow the guidelines below to reduce problems and help healing:

- Take pain relieving medication such as ibuprofen and paracetamol if their health allows them to normally take them – the dosage on the packet must be followed
- Aspirin should **not** be taken as it may increase bleeding
- No smoking or alcohol for at least 24 hours to reduce the risk of infection and further bleeding
- No active exercise for at least 24 hours
- Avoid toothbrushing in the area where the tooth was removed for the rest of the day. Normal teeth cleaning can be started the next day.

If you are concerned the patient is in a lot of pain or has a swelling after the procedure, you should seek dental advice (clinic contact numbers are listed at the end of this leaflet).

If the patient has a large swelling which is going below the jaw, onto the neck, up to the eye or if any swelling is causing problems with swallowing or breathing, please seek urgent medical attention.

In case of problems

If you have any concerns or if there is severe pain or swelling, or if bleeding continues, contact your dentist or dental clinic.

If you cannot contact your dentist or dental clinic, telephone NHS emergency and urgent care services service on 111 for advice. You may also go to the Accident and Emergency (A&E) department at your local hospital.

Community dental clinics contact information

Ashton, Leigh & Wigan	Leigh Health Centre Pemberton Health Centre	01942 777910 01942 777920
Bolton Bury Chester	Lever Chambers Moorgate Primary Care Centre Fountains Health Centre	01204 403215 0161 470 4430 01244 385563
East Cheshire	Dene Drive Primary Care Centre Ashfields Primary Care Centre	01606 544188 01270 275151
Halton Heywood Oldham Rochdale St Helens Stockport	Hallwood Health Centre Phoenix Centre Oldham Integrated Care Centre Nye Bevan House St Helens Dental Clinic Kingsgate House	01928 593400 0161 470 4411 0161 470 4433 0161 470 4468 01744 731395 0161 204 4720
Tameside & Glossop	Ashton Primary Care Centre Hyde Clinic	0161 342 7150 0161 366 2263
Trafford Warrington Widnes	Altrincham Health & Wellbeing Centre Bath St. Health & Wellbeing Centre Health Care Resource Centre	0161 470 4394 01925 946293 0151 495 5042

Out of Hours Emergency Dental Services:

Cheshire & Merseyside emergency dental helpline: 0161 476 9651

During the 'in-hours' period (08:00-18:00 hours Monday to Friday), if you already have a dentist, you should contact them directly. If you do not have a regular dentist then the Dental Helpline will triage your call, give advice and guidance to manage your dental problem or assist you to find an appointment, as long as you meet all the eligibility criteria.

What happens between 10pm and 8am?

Patients can still call NHS 111 for urgent dental advice. If patients do call NHS 111 with a dental issue between 8am and 10pm they will automatically be redirected to the dental service.

During the 'out of hours' period (6pm-10pm, Monday to Friday; weekends and Bank Holidays 8am -10pm) call handlers and dental nurses can provide advice and support for all patients, whether they have a regular dentist or not.

Greater Manchester Urgent Dental Care Telephony Service: 0333 332 3800

The service is accessible to patients living in Bolton, Bury, Manchester, Middleton, Oldham, Rochdale, Salford, Stockport, Tameside and Glossop, Trafford and Wigan, seven-days-a-week, between 8am and 10pm.

- Patients who are not registered with a dentist can access the service between 8am and 10pm, seven-days-a-week.
- Patients who are registered with a dental practice can access the service between 6pm and 10pm, Monday to Friday and 8am to 10pm, Saturday and Sunday.

Patients can contact the service by calling 0333 332 3800 or NHS 111. You will be connected to a trained call handler who will ask for a few personal details and undertake an initial assessment.

You may then, if deemed appropriate, speak to one of the dental nurses who will complete a further assessment over the phone and provide appropriate advice and a possible dental appointment.

For impartial and confidential advice or information on the services provided by Bridgewater or to receive this leaflet in an alternative format call our Patient Services team on 0800 587 0562.