



**Lewes High Street Dental Practice  
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### **Post Extraction Advice**

- Rest for a few hours and avoid strenuous exercise.
- Do not rinse your mouth for at least 12 hours. After this period you may find warm salty water mouthwashes aid the healing process.
- Should the wound start to bleed apply a small compress (use the packs provided), alternatively this can be made by placing cotton wool in a clean handkerchief. Place this on the bleeding point and bite on it for 10-15 minutes, longer if necessary.
- Any pain or soreness can be relieved by taking normal analgesic preparations such as paracetamol.
- Smoking increases the chances of infection in the wound which is very painful, therefore, please **try not to smoke** for at least 48 hours after the extraction.
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If any bleeding or uncontrollable pain occurs please contact your dentist on the number above. They will arrange to see you as soon as possible or give you alternative advice.