



# Apolline House Dental Practice

## INFORMATION SHEET

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#### Important points:

- You will NOT normally be prescribed a course of antibiotics unless the extraction was particularly difficult
- DON'T take aspirin for pain relief as it prevents blood clotting and bleeding may start again
- **If you have been prescribed an antibiotic and it gives you a stomach upset, this does NOT mean that you are allergic to it. However, if you develop a rash or have breathing difficulties after taking it, contact the practice or A&E dept WITHOUT DELAY**
- DO NOT brush your teeth in the area around the extraction site for several days until healing is well under way. CORSODYL, a mouthwash available from reception or any chemist, can be used from the day after the extraction and is the best way to keep the mouth clean until healing has taken place
- **If you have severe pain, swelling, or bleeding, or if you need urgent advice after having had your extraction, and the practice is closed, please telephone  
020 8529 1422  
Listen to the message and phone the number given. This is an emergency number only.  
Alternatively, call;**

## WHAT TO DO AFTER AN EXTRACTION OR MINOR ORAL SURGERY

Some answers to frequently asked questions.....

#### Can I rinse out my mouth afterwards?

Please try to avoid this for the rest of the day, as it may cause the bleeding to start again, or it may dislodge the blood clot from the socket and allow an infection called 'dry socket' to develop. This is particularly painful and difficult to treat.

#### What do I do if bleeding starts again?

Clean your mouth out by rinsing once only. Take one of the bite packs that the dentist or nurse gave you, and place it over the socket and bite firmly on it so that pressure is put directly on the gum over the socket. After ten minutes or so, the bleeding should have stopped. If it hasn't, try again, this time for twenty minutes. Avoid the temptation to keep removing the pack for a 'look'.

#### What if I can't stop the bleeding?

Call the emergency number for further advice. You will be able to speak with one of the dentists from the practice.

#### When is it safe to eat and drink?

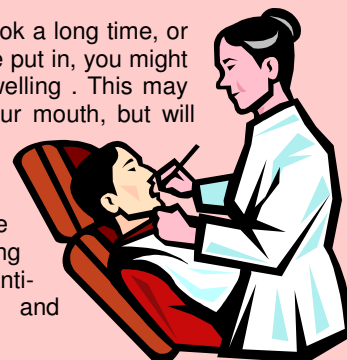
It would be better to wait until the numbness has worn off before attempting to eat or drink. If your lip is numb, please be careful not to accidentally bite into it. Try to avoid anything too hot or too cold and chew on the opposite side to the extraction site. Soft food is advised for the first meal or two until healing of the area begins.

#### It hurts! What can I do?

Take paracetamol or ibuprofen (Nurofen). Do not take aspirin unless you take it as part of your usual daily medication. Follow the directions and do not exceed the stated dose. Taking paracetamol or ibuprofen will also help to reduce swelling.

#### If the extraction was a difficult one.....

If the extraction was difficult, or took a long time, or you had surgery and stitches were put in, you might experience some bruising and swelling. This may or may not be visible outside your mouth, but will begin to subside after 48 hours. A cold compress made with a bag of ice wrapped in a tea-towel and held against the side of the face may help to reduce swelling and discomfort, as will anti-inflammatories like paracetamol and ibuprofen (nurofen).



Your dentist will probably have prescribed you a short course of antibiotics (Erythromycin, Amoxycillin and/or Metronidazole). Erythromycin can upset the stomach. Do not drink alcohol if you are taking metronidazole. If you have been prescribed amoxycillin and you are known to be allergic to penicillin, DO NOT TAKE THE AMOXYCILLIN. Contact the practice for the prescription of an alternative. Complete any antibiotic course in full once started. You should have a short appointment booked in one weeks time to have any stitch(es) removed. Please book this if you have not done so already. We wish you a speedy recovery.