

## Patient information

# Caring for your mouth after a dental extraction

### Welcome

Welcome to Barts Health Dental Hospital at The Royal London Hospital. We are a leading specialist and teaching hospital offering high quality dental and oral health care. You have been given this leaflet because you have had a tooth taken out (known as a dental extraction) under local anaesthetic. The leaflet will give you advice on caring for your mouth after the procedure. This information will also be helpful if you look after someone who has had a dental extraction.

### How will I feel on the day of the procedure?

Your mouth will feel numb for two or three hours after the procedure. The following tips will help you to feel better more quickly.

Do	Do not
Relax	Do not spit or rinse your mouth out
Chew on the opposite side of your mouth	Do not exercise
Let your dentist know if you take any regular medication (as you may be asked to stop taking it for a short while).	Do not eat or drink anything that is very hot or very cold while your mouth is numb
	Do not touch the affected area with your tongue or fingers
	Do not smoke
	Do not bite your lip or tongue.

### What should I do if I start bleeding?

Apply firm pressure to the area, with the gauze provided, for 20 minutes. If the bleeding continues, or you are worried at all, then telephone the department (or come back in).



## How will I feel over the next few days?

You may feel a little sore, and there will probably be some swelling, but you should not be in severe pain. If you need to, take simple painkillers such as paracetamol and/or ibuprofen.

## How should I look after my mouth?

Brush your teeth as normal. After every meal, gently rinse your mouth using a warm salt water mouthwash (1 teaspoon of salt to a cup of water). Continue doing this for three to five days.

If you are worried that your mouth is not healing after two weeks, or if the swelling and discomfort is not improving, then please telephone us or return to the department.

## Who can I contact for further information about the procedure?

Please contact your dentist or dental care professional.

Barts Health Dental Hospital, New Road, Whitechapel, London, E1 1BB

020 3594 6121

[www.bartsandthelondon.nhs.uk/our-services/dental-hospital/](http://www.bartsandthelondon.nhs.uk/our-services/dental-hospital/)

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

[www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub duża czcionka, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado. Fadlan la xidhiidh 02082238934.

এই তথ্য বিকল্প ফরম্যাটে, যেমন সহজে পড়া যায় অথবা বড় ব্রিট প্রিং আপনার অনুটরাটে বিকল্প ভাষায় পাওয়া যেতে পারে। অনুগ্রহপূর্বক যোগাযোগ করুন 02082238934।

Bu bilgiler, okuması kolay veya büyük baskılar gibi alternatif biçimlerde ve talep üzerine alternatif dillerde de sunulabilir. İrtibat için lütfen 02082238934 numaralı telefondan ulaşın.

اس معلومات کو متبادل شکل، جیسے، پڑھنے میں آسان یا بڑے حروف، میں دستیاب کرایا جا سکتا ہے، اور درخواست کرنے پر اسے متبادل زبان میں بھی دستیاب کرایا جا سکتا ہے۔ براہ مہربانی 02082238934 پر رابطہ کریں۔

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Reference: BH/PIN/48

Publication date: April 2017

All our patient information leaflets are reviewed every three years