

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

- Relax
- Chew on the opposite side of your mouth
- 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

- Do not eat or drink anything that is very hot or very cold while your mouth is numb
- Do not exercise
- Do not spit or rinse your mouth out
- 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/

Patient Advice and Liaison Service (PALS)

For support with our services, including help dealing with any issues or concerns you may have, please contact the Patient Advice and Liaison Service (PALS) for The Royal London Hospital:

Tel: 020 3594 2050 or 020 3594 2040 *Fax:* 020 3594 3235

Large print and translations

To receive this leaflet in large print, please call PALS (see above). If you would like help interpreting this leaflet, please call the Health Advocacy Administrator on 020 7377 7280.

Data Protection Act 1998

To enable us to improve the quality of the care that we provide, your health records are kept by the Trust and may be used for teaching, training, audit and research. Further information on how the Trust uses your information can be found on our website at www.bartshealth.nhs.uk

Reference: BH/PIN/48

Publication date: April 2012. All our patient information leaflets are reviewed every three years.

Barts Health NHS Trust

Switchboard: 020 3416 5000 www.bartshealth.nhs.uk