

**Postoperative Instructions Following Tooth Extraction
for Patients Taking Anticoagulant or Antiplatelet Medication**

You have just had a tooth removed and are currently taking medication, which may increase the risk of postoperative bleeding. It is important that you read the following instructions carefully. If you have any questions, please ask the clinician in charge of your treatment.

- Please rest as much as possible over the next 2-3 hours whilst the clot forms in the socket.
- You will be numb in the area of the extraction for the next 3-4 hours. Be careful not to bite or burn yourself in the area during this time.
- Avoid exercise or alcohol over the next 24 hours as this may result in the socket re-bleeding.
- If you smoke, please try to avoid for the next 72 hours (3 days).
- Avoid rinsing the mouth for the next 24 hours.
- Do not suck hard or disturb the socket with the tongue, finger, or any other object.
- Avoid hot liquids and hard foods for the next 24 hours.
- Avoid chewing on the affected side for the next 24 hours.
- If bleeding re-starts, apply pressure to the socket by wetting one of the bite packs provided with clean cold water and biting down on it. If these are not available, wet and roll up a clean handkerchief, place it on the socket and bite down on it for at least 20 minutes. If the bleeding continues you should contact us on the following numbers:

Dental Education Facility 01752 987959

0845hrs-1700hrs Monday, Tuesday, Thursday, Friday

Out of Hours contact NHS 111

- You will experience some discomfort after the extraction. The recommended painkiller, if you are normally able to take it, is paracetamol, or paracetamol with codeine (not both). Please follow the instructions on the bottle/packet. Do not take aspirin, ibuprofen or any other non-steroidal anti-inflammatory drugs (NSAID's) for pain relief, as they will interact with your medication. However, if you normally take a low dose aspirin you should continue to do so. If you are in any doubt, please ask the clinician in charge of your treatment.
- **In cases of extreme swelling or uncontrollable bleeding, please seek assistance from your local Emergency Department.**