



The Dudley Group  
NHS Foundation Trust

# Advice for patients after a dental extraction

**Day Surgery Unit**  
Patient Information Leaflet

## Introduction

This leaflet is for patients who have had a dental extraction. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

## Advice

1. After a dental extraction, your saliva (spit) is likely to be pink or blood-coloured. It may stain your bedding on the night of the extraction. Try to swallow your saliva rather than spitting it out, as spitting may disturb the tooth socket, causing it to bleed.
2. If you do have fresh bleeding, do not worry. Rest in a sitting position and apply pressure by biting on a clean, rolled-up handkerchief for at least 10 minutes, until any bleeding stops.  
  
If the wound is still bleeding after this time, continue applying pressure and contact us on one of the helpline numbers.
3. You may have some discomfort after the extraction. You will be given specific instructions on pain relief before you go home.
4. Avoid using mouthwash for at least 24 hours. After this time, you can clean your teeth gently. You will be given more instructions about this before you go home.
5. If you are concerned about anything, do not hesitate to contact the hospital on one of the helpline numbers.

If you need a sick note, please ask the nurse who books you in for the procedure.

## Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

**Russells Hall Hospital Day Surgery Unit** on  
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

**Pre-operative Assessment Unit** on  
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

**Out of these hours, urgent queries:** contact Surgical  
Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet,  
please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔