

Bleeding after tooth extraction



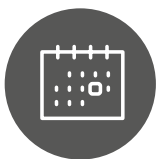
ASK YOURSELF?

- When did you have tooth removed?
- How much blood? Blood stained saliva or more? Constant oozing?
- Have you tried any measures as advised by the dentist to stop the bleeding?
- Are you taking any anticoagulant medication?
- Do you have any underlying bleeding conditions (e.g. haemophilia)



ADVICE

- Blood stained saliva is normal – don't worry
- If active bleeding – please sit upright and apply pressure to the extraction site by biting on a clean cotton handkerchief or a rolled up piece of gauze for 20 minutes
- Press firmly if there is no opposing tooth
- Check and repeat if required
- Avoid spitting or rinsing the mouth for 24 hours
- If bleeding does not stop after 3 attempts of pressure placement as above, refer to dentist or call NHS 111



FOLLOW UP

- Do not disturb the blood clot (with toothbrush, sharp food or tongue)
- Gently brush adjacent teeth to keep surrounding area to socket clean
- Eat soft foods
- Avoid hot drinks and exercise
- Take painkillers if required
- Seek dental advice if associated with prolonged pain or bleeding
- Avoid alcohol and smoking



ALERT

- If bleeding persists even after self-help measures contact a dentist or NHS 111
- If you are on anticoagulants or haematologically compromised, the socket may continually ooze blood and will require urgent dental assessment



SELF CARE

- Pain Relief: Paracetamol, ibuprofen (if required for pain relief)
- Gauze swabs