



## Information for patients, relatives and carers

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### Dental Advice

#### **Bleeding after an extraction**

You may have a dressing stitched into your tooth socket. This dressing will act like a sponge and help stop the bleeding. The dressing and stitch will both dissolve in about two weeks.

Refrain from over exertion and hot food/drinks. These can increase your blood pressure and cause the site to bleed again.

If bleeding occurs, roll up clean gauze or handkerchief and place over the wound, bite or press hard for 20 minutes. This should settle the bleeding; however, you may still have some slight oozing from the site which may show as a little blood in your saliva. If the bleeding continues despite 20 minutes of pressure or biting, or if you are taking anticoagulants (warfarin, apixiban etc.), then please attend your local emergency department.

#### **Chipped/cracked teeth**

These teeth can be highly sensitive to hot/cold drinks, food, and air. They may also feel rough to your tongue. Painkillers such as paracetamol and ibuprofen can be used to help with symptoms.

Seek advice from your dentist as soon as possible. You may need to keep your diet soft for at least two weeks and avoid more trauma to the tooth (for example do not take part in contact sports).

#### **Splinted teeth**

If your tooth has been re-implanted after falling out or repositioned, it will be secured with a splint. This flexible splint should remain in place for up to two weeks. This can feel uncomfortable at first.

Avoid contact sports and keep your diet soft. Brush your teeth with a soft toothbrush after every meal. If you are 12 years old, or older, use a chlorhexidine mouth rinse twice daily for one week.

Seek advice from your dentist as soon as possible. The tooth is highly likely to need more treatment and should be assessed accordingly.

The tooth may change colour (grey, pink), or increase in pain or swelling. Your dentist will be able to assess and treat you.

## Dental abscess

A dental abscess can often be drained through an incision made in the gum. It is important for the next 48 hours to keep this area clean and use warm salty water to rinse. Fill a mug with warm salt water, hold a mouthful for one minute, then spit out. Do this until the whole mug is empty. This should be repeated four times a day for at least two days.

This incision will reduce the build-up of pus. However, this will not prevent future infections. The tooth will need to be removed or need a root canal treatment. Both of which your dentist will provide.

If you are experiencing pain paracetamol, ibuprofen or co-codamol can be bought over the counter.

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① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk/when-to-use-nhs-111/)

**Patient Advice and Liaison Service (PALS):** We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services. PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk). An answer phone is available out of hours.

**Leaflets in alternative languages or formats:** If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you.

Date this version published	November 2022
Review Date	October 2025
Document Reference	PIL1449 v2, Dental Advice

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