



What are my replacement options for a missing tooth?

- Dental implants
- Dentures (partial or full)
- Dental bridge (fixed partial denture)
- Leave the gap

For a quotation and a detailed discussion, please speak to reception or Dr Patel.

Out-of-hours Service (Dentaline)

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...Because smiles matter

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Tooth Extraction Post-Treatment Care

The following steps will help prevent bleeding and relieve soreness.

Rest

Rest for a few hours following treatment and avoid strenuous exercise.

Do not smoke for at least 48 hours, as smoking can cause the blood clot to dissolve, leaving the socket exposed and very sensitive.

Food

Avoid hot fluids, alcohol, and hard or chewy foods for the first 24 hours.

Choose cool drinks and soft, minced foods instead.

Avoid sucking through a straw or interfering with the wound.

Pain

Take your painkillers as advised and follow the dosage instructions carefully.

General

You may feel a sharp edge in the socket with your tongue, and occasionally small fragments of bone may work their way out. This is normal.

It is not unusual to experience some swelling or discomfort for a few days. However, if you experience excessive bleeding, severe pain, or any other concerning symptoms, you should contact the clinic for advice without delay.

Remember, a clean and healthy mouth aids healing.

Rinsing

Do not rinse your mouth for at least four hours following treatment.

For several days following treatment, gently rinse your mouth after meals and before going to bed. This can be done by dissolving half a teaspoon of salt in a glass of warm water.

Hold the solution in your mouth for a few minutes, then gently spit it out. Repeat 2–3 times.

Bleeding

If slight bleeding occurs, sit upright with your head and shoulders raised.

Apply pressure using a small pad of gauze or clean linen, clamping it firmly between your jaws for 15 minutes. Repeat if necessary.

If your efforts are unsuccessful after one or two hours, contact the clinic or seek alternative medical help.