



ASK

- When did you have your 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

- Let your dentist know before the extraction if you are taking anticoagulant medication
- Blood-stained saliva is normal – reassure
- If there is active bleeding, sit upright and apply pressure to the extraction site by biting on a clean slightly damp cotton handkerchief or a rolled-up slightly damp piece of gauze for 20-30 minutes
- Press firmly if there is no opposing tooth
- Check and repeat if required
- Avoid spitting or rinsing the mouth for 24 hours-this can trigger fresh bleeding
- If bleeding does not stop after 3 attempts of pressure placement as above, refer to a 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 the patient is on anticoagulants or haematologically compromised, the socket may continually ooze blood and will require urgent dental assessment



PHARMACY PRODUCT

- Pain Relief: Paracetamol, ibuprofen
- Gauze swabs

PHARMACY DENTAL FACT SHEET