

# Post-Treatment Advice for Dental Patients Taking Anticoagulant or Antiplatelet Medication

This leaflet provides advice that you should follow after your dental treatment if you are taking anticoagulant or antiplatelet medication.

## What to do after your dental treatment

If you have had dental treatment that causes bleeding, such as a tooth extraction:

- Rest while the local anaesthetic wears off and the clot fully forms (usually 2-3 hours).
- Avoid rinsing your mouth until the next day.
- Avoid sucking hard or disturbing the clot.
- Avoid hot liquids and hard foods for the rest of the day and avoid chewing on the affected side of your mouth.
- Starting the day after treatment, gently rinse your mouth with warm salty water 3 or 4 times a day for 5 days (a teaspoon of salt in a glass of water).
- If you need painkillers and can take paracetamol, use it as advised on the pack.
  - Avoid NSAIDS such as aspirin, ibuprofen or diclofenac, or medicines containing these.
  - Contact your dentist for advice if you can't take paracetamol or paracetamol is not enough to manage the pain.

Please follow any other instructions given here by your dentist. This might include advice about when to take the next dose of your anticoagulant medication.

**Other instructions:**

Advice issued by:

Date:

## What to do if the bleeding starts again

If the bleeding starts again after you have left the dental surgery, put pressure on the bleeding area for 30 minutes. This could be done by pressing or biting down on a folded, clean, damp handkerchief or gauze pad.

If this does not stop the bleeding contact your dentist. They may ask you to return to the dental surgery for further treatment to stop the bleeding.

## Who to contact about bleeding after your dental treatment

Contact your dentist first. If you are unable to contact your dentist, contact one of the other emergency care providers listed below. You must tell them that you are taking anticoagulant or antiplatelet medication and which one(s).

Name(s) of your anticoagulant or antiplatelet drug(s):

### Contact details

Dental surgery phone number:

Dental surgery out-of-hours phone number:

NHS24 free phone number: **111**

This leaflet has been developed by the Scottish Dental Clinical Effectiveness Programme (SDCEP), part of NHS Education for Scotland. This and other patient information are available on the SDCEP website [www.sdcep.org.uk](http://www.sdcep.org.uk)