

Post-Treatment Advice for Patients Taking Warfarin (or another Vitamin K Antagonist)

What to do after your dental treatment

After having dental treatment that causes bleeding, such as a tooth extraction, you should follow these post-treatment instructions:

- Rest while the local anaesthetic wears off and the clot fully forms (usually 2-3 hours).
- Avoid rinsing 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 require 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 are unable to take paracetamol or paracetamol is not enough to manage the pain.

If the bleeding restarts after you have left the dental surgery, apply pressure to the bleeding area for 30 minutes, for example by biting down on a folded, clean, damp handkerchief or gauze pad.

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

Who to contact if you have concerns about post-treatment bleeding

Contact your dentist in the first instance. 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 an anticoagulant and which one (warfarin, acenocoumarol or phenindione).

Name of Anticoagulant:

Emergency Contact Details

Dental surgery phone no. : _____

Dental surgery out-of-hours
phone no. : _____

NHS24 free phone no. : _____ 111 _____