



Advice following dental extraction and oral surgery for patients taking Anticoagulants

If you take prescription anticoagulant medication (“blood thinners”) or you take non-prescription medication such as aspirin, fish oil or St.John’s Wort, you are at an increased risk of unexpected, prolonged bleeding following your dental extraction.

This information sheet provides post-operative instructions for patients, who are taking anticoagulants, following an extraction or oral surgery procedure.

Day of extraction

The dental practitioner will place a piece of gauze over the socket and ask that you bite firmly on the gauze for 20 minutes to stop the bleeding. The dental practitioner will ensure the bleeding is controlled prior to you leaving the clinic. The clinic will provide you with extra gauze to take home to use if required.

If bleeding occurs at home, gently wash your mouth out with cold water and then place a fresh piece of gauze over the extraction/surgical site. Bite firmly and steadily on the gauze for at least 20 minutes. Remain quiet and sit down with your head elevated. Replace with more clean gauze for a further 20 minutes if bleeding continues. **If heavy bleeding continues, please contact the clinic on the phone number above.**

For after-hours advice please telephone 1800 098 818.

Looking after the extraction or surgical site

Care should be taken to avoid injury to the extraction or surgical wound site when the area is anaesthetised (numb). It is better not to eat or drink until the numbness wears off.

It is also important to avoid very hot food and drink for a 24 hour period.

Keep your fingers and tongue away from the wound site. Avoid pulling, stretching or playing with the area.

Once the numbness wears off, expect some discomfort from the area. We recommend paracetamol for pain relief (eg. Pandadol or Panadeine) and/or Ibuprofen (eg. Nurofen), instead of aspirin.

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Avoid strenuous activity following surgery to reduce the risk of excessive bleeding.

Avoid smoking following surgery as it can inhibit the healing process leading to pain and infection. To ensure best post-operative recovery, refrain from smoking for at least 48 hours following your procedure.

Avoid alcohol for at least 24 hours.

Disposal of post extraction dressings

All blood stained dressings should be placed in a plastic bag prior to disposal.

Tranexamic Acid Mouthwash

In some situations, the dental practitioner may also use tranexamic acid mouthwash to assist blood clotting. Tranexamic acid mouthwash is generally used for patients who are at a higher risk of post-operative bleeding. A higher risk of post-operative bleeding is usually determined by a blood test or on the advice of a medical practitioner.

The dental practitioner will soak a piece of gauze in the mouthwash, place the gauze over the socket and request that you bite firmly on the gauze for 20 minutes to stop the bleeding. The dental practitioner will then provide you with a bottle of tranexamic acid mouthwash to use at home as well as some extra gauze.

At home, use 10mls of tranexamic acid mouthwash and rinse gently for 2 minutes, 4 times per day, commencing 4 hours following the surgery.

After you have used the tranexamic acid mouthwash do not eat or drink for one hour.

Try to space the use of tranexamic acid mouthwash throughout the day (every 6 hours is ideal). If you miss a dose, rinse your mouth as soon as you remember. If you don't remember until your next dose, just use one dose (10mls) - **THERE IS NO NEED TO USE TWICE AS MUCH.**

If bleeding occurs in-between rinses, gently wash your mouth out with cold water and then place a fresh piece of gauze dampened with tranexamic acid mouthwash over the extraction/surgical site.

Bite firmly and steadily on the pack for at least 20 minutes. Remain quiet and sit down with your head elevated. Replace with more clean gauze for a further 20 minutes if bleeding continues.

If heavy bleeding continues please contact the clinic on the phone number overleaf.

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