

## Post-Treatment Advice for Patients Taking a Novel Oral Anticoagulant (NOAC)

### 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.

### When to take the next dose of your NOAC

You may have been advised to miss your morning dose of apixaban or dabigatran, or to delay your morning dose of rivaroxaban before your dental treatment. If so, your dentist will tell you when to take your next dose. For apixaban or dabigatran this will most likely be at your usual time in the evening. For rivaroxaban this will most likely be 4 hours after you were discharged from the dental surgery.

If you have bleeding after you have left the dental surgery, contact your dentist for further advice.

### 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 a novel oral anticoagulant drug and which one (apixaban, dabigatran or rivaroxaban).

Name of Anticoagulant Drug:

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#### Emergency Contact Details

Dental surgery phone no. : \_\_\_\_\_

Dental surgery out-of-hours  
phone no. : \_\_\_\_\_

NHS24 free phone no. : \_\_\_\_\_ 111 \_\_\_\_\_