

Tranexamic Acid Mouthwash Explained

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This leaflet explains what tranexamic acid mouthwash is, how it works, and when you may need it. It also outlines the benefits and risks of using tranexamic acid mouthwash and provides instructions on how to prepare and use it. Importantly, it tells you what you will need to plan for your care after using the mouthwash.

What is tranexamic acid mouthwash?

- Tranexamic acid is a medicine used to help stop bleeding after dental extractions or after you have had your teeth scaled/cleaned. It is also used to reduce the chance of re-bleeding.
- It has been given to you because the consultant feels that you have a higher chance of prolonged bleeding or re-bleeding. The mouthwash works well to reduce this happening or to control it if it does occur.
- This medication comes in the form of a tablet and is usually swallowed; however, you require it dissolved in water and used as a mouthwash. For this reason, this practice is known as “unlicensed.”
- The mouthwash is spat out after rinsing. **Do not swallow.**
- Store the tablets out of the reach of children.
- After you have completed your treatment, discard any remaining tablets at a local pharmacy.

How to make up the mouthwash

- Crush and dissolve **one tablet (500mg)** of tranexamic acid in **10mls of water**.
- The tablet will take **3 – 5 minutes** to dissolve.

Directions for use

Following extractions:

- Take a mouthful of the solution and gently hold it over the extraction site for **1 minute** and spit out. **Do not swallow.**
- After use, do not eat or drink anything for **30 minutes**.
- If bleeding occurs at an extraction site, moisten a gauze swab with the solution and bite down hard for **20 minutes**. Repeat if required.

When should I use it?

- The mouthwash should be used **3 times a day for 5 – 7 days**, starting on the same day as your treatment.
- There is no need to use hot salt mouthwashes.

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