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POST EXTRACTION ADVICE TO PATIENTS

1. Eating & Drinking

A soft diet is advisable after having a tooth removed. Take care to ensure that food does not become trapped in the socket where the tooth was. Try to avoid alcohol and hot drinks in the period immediately following the extraction, especially if the local anaesthetic effect is still present.

2. Rinsing

Do **NOT** repeatedly rinse your mouth out after your extraction. A blood clot forms in the socket where the tooth was; frequent rinsing will tend to dislodge this clot thus causing bleeding to start again.

24 hours following the extraction, you should rinse your mouth with warm salty water (a half teaspoon of salt in a warm glass of water). Repeat this 3-4 times a day after meals.

3. Cleaning

Continue to brush your remaining teeth in the normal fashion. Take care not to disturb the healing socket area. Avoid nose blowing, drinking through straws and swimming for 2 weeks after the extraction.

4. Bleeding

If bleeding occurs after leaving the surgery, please do the following:

- Roll a handkerchief/tissue into a small pad (about the thickness of your finger).
- Place it over the bleeding socket and bite down on it for 20-25 minutes. If after this period, bleeding is still occurring, please contact your dentist immediately.

(Bear in mind that minor oozing from the extraction site can occur for up to 24 hours after having the tooth removed).

5. Swelling

You should expect to have some degree of swelling after the extraction. This can take up to 10 days to resolve in some cases.

6. Smoking

We strongly recommend that you avoid cigarettes and other tobacco products for at least 72 hours following the extraction. Cigarette smoke can delay or prolong the healing of the extraction site, and in some cases, cause severe pain 1-4 days after the extraction (Dry Socket).

7. Pain Control

You should expect to have some discomfort following an extraction. If you think you may require pain killers, please discuss this with your dentist.

8. Stitches

If you have had stitches (sutures) placed after an extraction, please do not touch them or pull at them. You should return normally one week after the extraction to have these stitches removed.

9. Local Anaesthetic

The type of anaesthetic used by your dentist can leave your lip and other soft tissues numb for up to 4 hours. Please be extremely careful not to bite or burn your lip or cheek during this time period. (This is especially important for parents to take note of if their child has had local anaesthetic).