



Post-Operative Extraction Advice

Eating and Drinking

A soft diet for one week following an extraction is advisable. Take care to ensure that food does not become trapped in the socket. Try to avoid food and hot drinks 3 hours immediately following the extraction, especially if the local anaesthetic effect is still present.

Rinsing

Do NOT repeatedly rinse your mouth out on the day of extraction. Frequent rinsing may dislodge the blood clot that forms within the socket, causing it to bleed again. On the day following the extraction, you should rinse your mouth for one minute with warm salty water (a half teaspoon of salt in a warm glass of water). Repeat this 5 times a day for the first week, especially after meals.

Cleaning

Please note that minor oozing from the extraction site is completely normal, and can occur for up to 24 hours after having the tooth removed. Please continue to brush your remaining teeth as usual, taking care not to disturb the healing socket area.

Bleeding, Swelling & Bruising

If bleeding occurs after leaving the surgery, roll the gauze supplied into a small pad (about the thickness of your finger). Place it over the bleeding socket and bite down on it for 30 minutes. If excessive bleeding continues after this period, please contact your dentist. Some degree of swelling and bruising is very common post extraction, and may last for up to 10 days.

Smoking

We strongly recommend that you avoid cigarettes and other tobacco products for the 24 hours following the extraction. Smoking can delay the healing of the extraction site and increase the risk of pain 1-4 days after the extraction (dry socket).

Pain Management

Some discomfort following an extraction is expected. Unless you have a stomach ulcer or asthma, ibuprofen (Neurofen) on the day of extraction and the following day is advised. Alternatively you can take paracetamol, or a combination of both if the pain is severe. Always follow the instructions on the packaging, and do NOT exceed the recommended doses.

Stitches

If you have had stitches (sutures) placed after an extraction, please do not touch them or attempt to remove them. You will return one week after the extraction to have these stitches removed, unless otherwise advised that they will dissolve.

Local Anaesthetic

The anaesthetic used for an extraction may numb the mouth for up to 5 hours. Please be careful not to bite 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.) Take care not to burn yourself with hot drinks/food whilst numb. The site of the injection can be sore for 24 hrs.

Dry Socket

Occasionally, a localised infection can develop at the site of extraction, approximately 3-4 days after the procedure. If this occurs you will feel deep pain, and may get a bad smell or foul taste in your mouth from the socket. If this occurs, please contact us as soon as possible, as a dressing may be required.