



POST-OPERATIVE INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

After the extraction of one or more teeth, or other surgical procedures in the mouth, general and local treatment is necessary to prevent the development of infection or to control infection already present. Cleanliness of the mouth and teeth and attention to the following information are absolutely essential. Faithful compliance with these instructions will help prevent post-operative complications, add to your comfort and hasten recovery.

- Bite down on gauze pad for 30mins after an extraction. If bleeding continues after you remove it, place another piece of folded gauze pad and place it on the area and bite down firmly for another 30mins. You may have to do this several times. You can also try using a cool, squeezed out tea bag to bite on.
- If profuse bleeding occurs which does not stop, please call us immediately.
- After the blood clot forms, it's important to protect it, especially for the next 24 hours. Do not smoke, suck through a straw, rinse your mouth vigorously, spit or clean the teeth next to the extraction site. These activities could dislodge the clot and slow down healing.
- Keep head elevated for first 24 hours using additional pillows, do not lay down flat.
- Take recommended pain medication as soon as possible after your procedure and as directed, do not wait for local anaesthetic to wear off. Don't take medication on an empty stomach or nausea may result.
- If antibiotics are prescribed, continue to take them for the full course, even if all symptoms and signs of infection are gone.
- Be careful not to bite your cheek, tongue or lip whilst numb.
- To help reduce swelling, apply an icepack to the face intermittently (20mins on, 20mins off) for the first day only. The day following the operation, apply heat to the face with a warm towel.
- Some bruising and swelling is normal and to be expected, swelling will start to go down after 48 hrs.
- Arnica may be used to help reduce bruising.
- Limit yourself to calm activities for the first 48 hours.
- Drink lots of fluids but no alcoholic beverages for 24 hours.
- Eat only soft, nutritious foods and avoid hot and spicy foods for 24 hours.
- You can begin eating normally the next day, or if not by then, as soon as it's comfortable.
- Gently rinse your mouth with warm salt water three times a day (1tsp salt in a cup of warm water and then gently rinse, swish and spit). Also, rinse gently after eating to help keep food from lodging in the extraction site.
- It's very important to resume your normal dental routine after 24 hours. This should include brushing your teeth and tongue and flossing at least once a day. This will help speed healing and keep your breath and mouth fresh.
- During healing, small fragments of bone like splinters may be expelled by the body and work their way out through the gum. It can be uncomfortable for a day or two but they will come out on their own. Using a mouthwash during this time can aid healing and reduce any discomfort.
- Sutures are dissolvable and usually come out within ten to fourteen days.
- Dry socket infection occurs in a small number of cases, symptoms include severe pain onset from two days up to two weeks after the extraction which develops in the jaw, face or ear. The pain is usually accompanied by a bad taste and smell in the mouth. It is important to contact us immediately as further treatment may be necessary.

If you have any problems or questions, please contact us immediately:

Surgery: 08 97912377 After hours: 0402254730