

MAIN ST DENTAL CLINIC

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HOME CARE AFTER A TOOTH EXTRACTION

HEALING

A gauze pack has been placed above the extraction site to limit bleeding and confine the blood whilst clotting takes place. This gauze should be left in place for 20 to 30 minutes after you leave, after which the pack can be removed

BLEEDING

If bleeding continues

- * Fold a piece of gauze or lint free material thick enough to bite on. Dampen the pad and place it directly on the extraction site.
- * Apply moderate pressure by closing teeth firmly on the pad. Maintain this pressure for about thirty minutes.
- * Do not suck on the extraction site and minimise smoking, exercise and alcohol for the first week after surgery.

If heavy bleeding continues, or you have concerns, please contact us for advice.

Remember, a lot of saliva and a small amount of blood can look like a lot of blood.

THE BLOOD CLOT

After an extraction, a blood clot forms in the socket. This clot is important for rapid healing and protects the bone from bacteria and debris. To protect the clot and minimise healing time;

- * Do not smoke, rinse your mouth vigorously or drink through a straw for 24 hours.
- * Do not clean your teeth on either side of the socket for the remainder of the day.
- * Limit exercise and strenuous activity for 48 hours after surgery as this will increase blood pressure and encourage bleeding.

MEDICATION

You may be prescribed medication to control pain and prevent infection. Use only as directed. If you have prolonged or severe pain, swelling, bleeding or fever call us immediately. For pain relief Paracetamol or a Codeine analgesic based is recommended. **DO NOT TAKE ASPIRIN OR NUROFEN.**

DIET

After the extraction, drink lots of liquids and eat soft, nutritious foods. Avoid alcoholic beverages and hot liquids as these will promote bleeding. Begin eating solid foods the next day or as soon as you can chew comfortably. For the next few days chew on the opposite side.

RINSING

24 hours after the extraction it is suggested to gently rinse your mouth with warm salt water (one teaspoon in 200ml). It is recommended that this be done every four hours to help with the healing process.

DRY SOCKET

Occasionally, an extraction site becomes extremely painful 3 or 4 days after the extraction. This is usually accompanied by a bad taste or odour but no pus. If this occurs please phone our surgery and arrange for an appointment as soon as possible.

ORAL HYGIENE

It is important to continue to clean and floss your teeth daily to help reduce bacteria in the mouth. The tongue should also be brushed. This will also help to eliminate bad breath and any unpleasant tastes. On the day of surgery, avoid cleaning the teeth near the extraction site.

This leaflet is a basic summary of commonly asked questions after an extraction it certainly does not cover all possible scenarios. If you have any concerns or questions please contact us for advice.