

**Post-Operative Instructions after a Tooth Extraction****Immediately following treatment**

- Bite firmly on the gauze pads covering each extraction site for 30 minutes to help stop any bleeding. You may change gauze pads at home. If you have excessive bleeding, apply another clean gauze pad for a further 30 minutes. Remember to remove gauze pads before eating or drinking.  
Excessive bleeding is defined as pooling or dripping blood from the extraction site within 15-20 seconds from removing the gauze pad. Minimal bleeding may persist for up to 24 hours. It is not unusual for your saliva to be slightly blood-tinged for several days following surgery. ***Please call our practice on: 49985572 if you have concerns about excessive bleeding.***
- You may have difficulty feeling your lips, cheeks or tongue due to numbness from the anaesthetic; this is a temporary feeling and should wear off within 2-6 hours. Take care not to bite your lips, cheek or tongue.
- After the tooth has been removed you may experience some pain and swelling. Your dentist may advise you to use an ice pack. Apply to the area on the outside of the cheek which will keep swelling to a minimum.

**Medication & Pain management**

- You may receive a prescription for an antibiotics and/or pain relief. Some amount of discomfort is to be expected following any surgery. Please take all medications as advised by your dentist/pharmacist.

**Diet**

- If possible, chew on the opposite side of your surgery site. If you have had several teeth removed, you should have soft foods on the day of treatment as well as the following day. Soft foods may include: soups (lukewarm), custards, scrambled eggs, pasta etc. Avoid hard crunchy foods that may disturb the extraction site for at least a week after surgery. No alcoholic beverages should be consumed for at least 24hrs following or whilst taking pain medication.

**Smoking**

- Do not smoke for at least 3 days following surgery, this will assist the healing process and minimise risk of a dry socket.

**Dry Socket**

- A dry socket occurs when the blood clot is dislodged from the surgery site, exposing the bone and fine nerve endings. This is more common in back teeth and is generally indicated by severe pain two or more days following the surgery. To minimise the risk of a dry socket avoid the following: Smoking, sucking action from smoking/spitting or using straws for the first 24 hours, excessive rinsing.

***Please contact our surgery if you experience severe pain following your surgery.***

**Brushing/Rinsing**

- Avoid all brushing, rinsing and spitting on the day of the surgery. The day after your surgery, you may brush your teeth, but avoid brushing near the surgery site for approximately 3 days.
- Start warm, gentle salty mouth rinses from the next day and repeat 3-4 times daily for approximately 7 days. 1 teaspoon of salt to a glass of water.

**Follow up appointment**

- You may be asked to return to our practice for a post-operative review or suture removal. Please make every effort to return to have your surgical site examined for proper healing.

**Remember to see your dentist regularly, prevention is always more enjoyable, better for your overall health, comfortable and less expensive than treatment.**