

Care Instructions Following Tooth Extraction

The first 48 hours after the extraction is the critical period for ensuring that subsequent healing will occur normally. The extraction socket must fill with a blood clot and it must gel, for normal healing to take place. Therefore it is important that you carefully read and adhere to these instructions.

1. A gauze pack may have been placed over the surgical site, and you will have been asked to apply some biting pressure on this pack. Please leave the gauze pack in place for *45 minutes* after you leave the surgery.
2. If after removing the gauze pack, bleeding continues, replace with the fresh gauze pack and bite down firmly for a further *1 hour*. Repeat if necessary. If you run out of gauze, please use a clean handkerchief rather than a tissue which will break up when it gets wet.
3. If a socket dressing (cellulose sponge and resorbing suture) has been placed, then most likely we have not given you a gauze pack to bite on. So please only use a gauze pack if significant bleeding occurs sometime after leaving the Practice.
4. It is normal for there to be a little blood in your saliva in the first few hours following surgery and sometimes up to 24-36 hours later and does not require biting on a gauze pack. If however you are concerned that there is excessive bleeding that has not been controlled by biting on the gauze packs provided, please contact us.
5. **Do not** rinse or eat for the first *3 hours* after surgery. After this time, please eat and drink carefully, being sure not to chew on the side of the surgery extraction where possible. You may eat any food as long as it is not too hot and has been cut up into small pieces to minimize overall chewing. Please eat slowly and carefully.
6. Good healing will occur when there is some initial bleeding and then it stops and forms a clot. For the first 48 hours, it is important that you help to maintain this clot by not rinsing with any vigour, not undertaking activities that raise your blood pressure, and not touching this area with your finger or tongue.
7. On the day following surgery, you should gently rinse your mouth with warm salty water. You should do this first thing in the morning, last thing of an evening and after any meals. Continue regular daily rinsing until healing has occurred. In the first two days, rinsing should be gentle, and then progressively become more vigorous afterwards.
8. If a mouth rinse has been issued then do not brush your teeth for 48hrs, and instead use this rinse twice per day, very gently rolling it around your entire mouth.
9. It is important that you rest for the remainder of today. If you lie down keep your head elevated with a couple of pillows. Place an old towel over your pillows when you sleep in case you dribble.
10. Use ice packs as frequently as possible in the first *24 hours* to help minimise swelling. 10 minutes on, 20 minutes off.
11. If you have been given a prescription for antibiotics it is important that you take them as directed and complete the course in full. If you have any queries ask your pharmacist.
12. It is recommended that you take some form of pain relief before the local anaesthetic wears off. **Do not** take Aspirin, unless indicated by your doctor. Maxigesic, Nurofol and even just Panadol or Nurofen are all effective over the counter medications.
13. **Avoid** smoking. Smoking adversely affects healing, and may lead to infections.



14. **Avoid** alcohol, hot fluids, hard or chewy foods. Choose cool drinks (preferably use a straw) and soft foods.

If you experience excessive bleeding, undue pain or other symptoms, please do not hesitate to contact us on 3379 1555 during working hours, or on 0403 327 663 after hours. Please ask if you require a certificate for time away from your work or school.