



Extraction Post Operative Instructions

- Keep biting on the gauze in your mouth for 20 minutes to control bleeding.
- Local anaesthetic can make lips, tongue and cheeks numb for several hours. It is not recommended to eat during this time to avoid biting the lips, tongue or cheeks.
- Post-operative pain is normal but will vary for each patient. For mild to moderate pain Paracetamol or Ibuprofen is usually suitable, either separately or in a combination preparation. For more severe pain call the surgery for advice or if the surgery is closed attend your local pharmacy. Call the surgery the next day to advise us that your pain is severe.
- Some blood in the saliva during the first 24 hours after an extraction is to be expected and is of little concern. **If fresh bleeding occurs, using a clean gauze apply firm constant pressure to the bleeding site for 20-30 minutes.**
- If bleeding persists contact the surgery. If the surgery is closed, the patient should attend the closest hospital emergency department.
- Tooth brushing should continue as normal, but with minimal spitting over the next 1-3 days as this may interfere with the healing of the wound.
- If deemed necessary, the dentist may prescribe a mouth wash after your extraction. Suitable mouthwashes are: - Savacol, Chlorex, Difflam, Curasept. Be mindful, prolonged use may cause staining to your teeth.
- Swelling is to be expected. This is usually at its worst 2-5 days after your extraction and then gradually subsides over a few days. Rest, good oral hygiene and ice packs all help to minimize swelling. Your dentist may suggest ice packs – Use ice packs 20 to 30 minutes each hour for 2 days immediately after surgery.
- Alcohol must not be consumed in the 24 hours either before or after your extraction.
- Avoid physical exercise.
- Smoking should be avoided for as long as possible before a procedure. Smoking is a major factor in post-operative complications and must be avoided as much as possible post-operatively.
- If you have any concerns, please don't hesitate to contact Portside Dental.