

EXTRACTION

CARE INSTRUCTION SHEET

THE DAY OF AN EXTRACTION:

- Do **NOT** rinse with salty water or mouth rinse, until the FOLLOWING day of the extraction
- Keep the gauze over the socket, keeping pressure on it for at least 30minutes without disturbing it. Then change pack, check and repeat
- Do not eat anything while still numb to avoid biting lip or cheek
- Do not have anything excessively hot or cold to eat or drink for at least 1 hour after extraction
- It is advised to keep to a soft diet and avoid eating on the area of extraction
- Avoid alcohol and cigarettes or excessive exercise for at least 36hrs, as this can encourage bleeding and in some cases, cause a Dry Socket
- If bleeding occurs at night, use two extra pillows to achieve a higher position than normal. Bite on a pack for 30 minutes without disturbing then change pack, check and repeat process until it stops

It is normal for slight oozing to occur for 24 to 48 hours after an extraction. You must be aware that there may be some of bleeding for this time.

PAIN RELIEF:

- You can take paracetamol or ibuprofen, following the recommended dose.
- After difficult wisdom teeth or surgical extractions, you may need anti-inflammatory/ stronger painkillers and very rarely antibiotics. If you need antibiotics, it is important to take the complete course.

DAY AFTER EXTRACTION:

- brushing /flossing as normal apart from the surgical site, which will be cleaned with mouthwash.
- Have a warm salty mouth rinse as often as possible. Dissolve a teaspoon of salt in a glass of warm water and rinse it around the area of the socket. Rinse every couple of hours, especially after all meals. Carry out the rinses for about a week. May need irrigation syringe to help.

YOU WILL NEED TO CONTACT THE PRACTICE IF:

- If you cannot stop excessive bleeding (mouth filling up with blood in a short amount of time ie; every 5-10 minutes)
- Your pain becomes severe and pain killers are not working
- You have difficulty opening your mouth, due to swelling, or have difficulty swallowing
- You still have numbness of the lip/ tongue after 2 days
- You begin to feel generally unwell, feverish and your facial swelling is not getting any better after 2 to 3 days
- symptoms of dry socket, i.e. nasty taste/odors with pain intensifying 3 to 5 days after