



## INSTRUCTIONS FOLLOWING TOOTH EXTRACTION

### A) Wound Care

1. Bite firmly on gauze pack that has been placed and leave it for half an hour, or until you arrive home, then remove it gently.
2. Do not smoke for the rest of the day, because this will promote bleeding and interfere with healing.
3. Do not "play" with the wound area, as this will restart the bleeding.
4. Do not drink any alcohol for the rest of the day, as this can restart the bleeding.

### B) Bleeding

1. Some blood will ooze from the area of surgery and this is normal. You may find a blood stain on your pillow in the morning, so it is advisable to use an old pillowcase the first night.
2. Do not spit or suck thick fluids through a straw, because this promotes bleeding.
3. If bleeding begins again, place a small damp gauze pack directly over the tooth socket and bite firmly for 30 minutes. If you run out of gauze, a new, dry tea bag can be used.
4. Keep your head elevated with several pillows or sit in a lounge chair.

### C) Oral Hygiene

1. Do not rinse your mouth or brush your teeth for the first 8 hours after surgery.
2. After that, rinse gently with warm to hot (not so hot as to be uncomfortable) salt water (1/2 teaspoon of salt in glass of warm water every 4 hours) - especially after eating. Keep rinsing 4 times daily for 7 – 10 days.
3. Brush your teeth gently, but avoid the area of surgery.

### D) Discomfort

1. Some discomfort is normal after surgery. It can be controlled, but not eliminated, by taking the pain medication your dentist has prescribed.

### E) Diet

1. It is important to drink a large volume of fluids. Do not drink thick fluids through a straw, because this may promote bleeding.
2. Eat normal regular meals as soon as possible after surgery. Cold, soft food such as ice cream, yogurt or soft fruit may be the most comfortable for the first day.
3. Avoid brittle foods such as nuts, chips or biscuits, as pieces can lodge in the wound and cause an infection.

### F) Swelling

1. Swelling after surgery is a normal body reaction. It reaches its maximum about 48 hours after surgery and usually lasts 4 to 6 days.
2. Applying ice packs over the area of surgery for the first 12 hours helps control swelling and may help the area to be more comfortable. 20 minutes on and 2 hours off.

### G) Rest

1. Avoid strenuous activity for 12 hours after surgery.



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### **H) Bruising**

1. You may experience some mild bruising in the area of your surgery. This is a normal response in some persons and should not be a cause for alarm. It will disappear in 7 to 14 days.

### **I) Stiffness**

1. After surgery you may experience jaw muscle stiffness and limited opening of your mouth. This is normal and will improve in 5 to 10 days.

### **J) Stitches**

1. If stitches have been placed in the area of your surgery, you will need to have them removed in about one week, unless they are the resorbing cat-gut type, that will come out on their own.

### **K) Call the practice if:**

1. You experience excessive discomfort that you cannot control with your pain medication.
2. You have bleeding that you cannot control by biting on gauze.
3. You have increased swelling or pain after the third day following your surgery.
4. You feel that you have a fever.
5. You have any questions.

### **How to reach us**

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