

**Pall Mall
Dental**



Tooth extractions

What to expect

- * The teeth, lips and tongue will feel numb until the anaesthetic has worn off (avoid chewing until this has occurred, usually 2-3 hours)
- * A blood clot will form in the tooth socket, starting off the healing process.
- * The gap where the tooth was will feel a little strange at first, but this is normal, new bone and gum tissue will replace the gap eventually.



Pain

- * It is normal to experience some pain, but it will subside with over-the-counter pain relief such as Paracetamol or Ibuprofen (Aspirin should not be used as it can cause bleeding)
- * If the pain does not subside dental advice should be sought

Aftercare

* Once the numb feeling has worn off eating food is advised to ensure the body is nourished and promote healing (however try to stick to soft foods, such as ice cream, yoghurt and soups).

* After 24 hours gently rinse the mouth 2-3 times a day with a mixture of 1 teaspoon of salt in a beaker of warm water, swish the solution around the socket, carefully spitting out after.

* If any bleeding occurs, you should bite on a 'bite pack' for 20 minutes, or until bleeding stops. If bleeding does not subside, or gets worse ring practice on 01782 287857, or NHS direct out of hours on 111 for help and advice.

* Relax as much as possible, avoiding strenuous exercise for 24 hours.



Avoid

- * Touching the tooth socket with your tongue or finger.
 - * Do not drink out of a straw.
 - * Do not rinse out vigorously.
 - * Do not rinse for first 24 hours.
- * Do not smoke (to try to avoid getting an infected socket)
 - * Do not drink alcohol for 24 hours (to avoid bleeding)

Potential complications- dry socket

This is an infection that occurs in the tooth socket after extraction. This occurs in around 5% of patients. Normally after a tooth extraction, a blood clot forms in the socket to promote healing and the growth of new bone and gum tissue. However, a dry socket occurs when either the blood clot does not form in the first place or becomes loose or is lost. This can cause the socket to become inflamed and infected.



Symptoms

- * Severe pain which does not go, and possibly a feeling of earache.
- * A nasty taste, and awful breath.
- * Symptoms usually occur between 3-5 days after the extraction of the tooth.

Resolution

- * A course of antibiotics may be prescribed by the dentist.
- * A pain relieving dressing may be put into the socket.