



## EXPECTATIONS FOLLOWING DENTAL EXTRACTIONS

Tooth removal like any other surgical procedure can have a number of post operative symptoms. The following list of symptoms may occur, in varying degrees of severity, depending on the specific procedure and degree of difficulty involved in the extraction. Also included are suggestions that will help you minimise the symptoms you may encounter.

### Potential post-operative symptoms

- **Swelling:** Your face may swell and be sore and you may have difficulty opening your mouth. The swelling subsides over 2-3 days, but can be relieved by using an ice pack for 20 minutes at a time, several times a day for 1-2 days post operatively.
- **Pain:** The pain you experience will vary depending on a number of factors, including underlying pain thresholds. Pain can be controlled with medication such as Nurofen, Panadol or Panadeine every 3 or 4 hours – please speak to your doctor or pharmacist regarding the most suitable option for your situation if you are unsure. Nurofen is also helpful in minimising swelling, but should only be taken after reading the enclosed product information. If greater pain relief is required, contact the Dental Surgery.
- **Bleeding:** Minor bleeding can occur for 24 hours after any tooth removal. This can be controlled by biting on a rolled up gauze pack, place over the extraction site. The Dentist will provide you with a pack at your appointment. If bleeding continues, contact the Dental Surgery.
- **Infection:** Bone, gum and or facial infection may occur following tooth removal. Mouth rinsing with Savacol mouthwash can help prevent this. If you suspect infection has occurred, contact your Dentist immediately.
- **Numbness and Altered Taste:** There is a possibility of altered sensation (numbness, burning, itching and altered taste) of the lips, teeth, chin, cheek or tongue after the extraction. The exact duration may be uncertain and may (in rare cases) be irreversible.
- **Dryness and Cracking:** Of lips and corners of the mouth may occur and can be relieved by applying a Lanolin type or Paw-paw ointment to these areas post operatively. Cleaning of the remaining teeth is essential. If necessary, use a child's toothbrush.
- **Root Fracture:** May occur during tooth removal. Where possible the fractured root shall be removed at the time. In some circumstances the fractured root tip may be left in situ and monitored, or a second appointment or referral may be required.
- **Weakened Jaw / Bone Fracture:** Removal of impacted teeth can cause a temporary weakening of the jaw bone. Contact sport should be avoided following tooth removal for at least four weeks. Should the jaw fracture at the time of surgery (unusual), the fracture will be stabilised and may require referral to a specialist.
- **Sinus:** Penetration of tooth roots into the sinus or a hole in the floor of the sinus may be created upon removal of an upper posterior tooth. Usually this does not cause a problem and healing will occur uneventfully. Where roots do enter the sinus, retrieval is required and may be carried out at a subsequent appointment or require a referral.
- **Sutures:** May be used and will either be dissolving or non-dissolving which require removal after 7 to 10 days post placement.
- **Delayed Healing:** Delayed and painful healing of the extraction site can occur. If your condition deteriorates after 3-5 days, contact the Dental Surgery immediately for prompt attention.
- **Allergy:** Reactions to drugs, medication or anaesthetics can occur. If you feel or sense an adverse reaction, stop taking the medication and contact the Dental Surgery.



## WHAT TO DO AFTER YOUR EXTRACTION

The initial healing period typically takes from 1-2 weeks, gum tissue takes about 3-4 weeks to heal and complete healing of the bone can take about 6-8 months depending on your care of this area.

Some discomfort, bleeding and swelling should be expected in the next 24 hours as your mouth heals. Occasionally the blood clot may dislodge (called a "Dry Socket") in which you may experience a sudden surge of pain within the first week after the extraction. Please contact the surgery if this occurs.

### DO NOT DISTURB THE WOUND

- Pressure from a piece of gauze is usually sufficient to stop bleeding & help a clot to form in the socket.
- Remove gauze after 20mins.
- Avoid rinsing your mouth, spitting, gargling or drinking through a straw for the next 48 hours, to prevent a dry socket.
- It is recommended to brush the teeth gently for the next 48 hours, without any toothpaste in order to avoid any rinsing or spitting.
- Avoid biting your tongue, cheek or lips whilst they are numb. It may take up to 6 hours for complete sensation to return.

### AVOID SMOKING ALCOHOL & EXERCISE

Smoking, alcohol and exercise should be avoided for 48 hours to prevent a dry socket

### BLEEDING

- Additional gauze packs will be provided to you. Should bleeding continue, apply pressure by biting firmly on the gauze for 15mins while resting.
- If bleeding persists, please contact the surgery. After hours advice & treatment may be directed to your local hospital.

### POST-OP CARE

- Keep your teeth & mouth as clean as possible following the extraction.
- After 48 hours, very gently rinse your mouth with warm salty rinses after every meal, making sure that the water reaches the extraction site.
- (Mix 1/4 cup of warm water with 1 teaspoon of salt)
- Soft foods e.g. soup, scrambled eggs, are encouraged for the first few days

**If you have any questions regarding these directions or you experience excessive bleeding or swelling, persistent and severe pain etc, please contact the surgery or seek medical advice a.s.a.p.**