



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.