



POST OPERATIVE EXTRACTION INSTRUCTIONS

These instructions provide information for the healthy and speedy recovery of an extraction site.

Do Not Rinse For 24 Hours

Rinsing can wash away blood clots and lead to further bleeding and delayed healing. Eat or drink only once the anaesthetic has completely worn off which normally takes 2 to 3 hours. Whilst the area remains anaesthetised there is a risk of biting lips and disturbing the site if eating is undertaken. Start with soft foods and work round to firmer or spicy foods.

Pain Control

It is sometimes a good idea to take painkillers like Ibuprofen or Paracetamol before the anaesthetic wears off as they can work better at preventing soreness rather than relieving it. Avoid aspirin based painkillers and check your suitability for any drugs. An ice pack wrapped in a towel placed over the area for up to 10 minutes will reduce pain and future swelling. If pain increases after 2-3 days this could mean an infection of the healing site called a 'dry socket', indicating a need to return to the practice for further treatment. In These circumstances please call the practice.

Avoid Smoking, Alcohol and Exercise

Smoking increases the risk of subsequent infection and delays healing. Avoid Alcohol and Strenuous Exercise. Both can lead to bleeding and delayed healing.

Bleeding

A degree of blood oozing will occur from the site for the first 24 hours. If fresh bleeding occurs, you should apply pressure to the site with a pack. This is achieved by placing a rolled hankie, cotton wool or linen directly over the site and biting hard. Pressure should be applied for 10-15 minutes and will stop bleeding. This pack should be disposed of safely.

Rinsing (24 Hours Later)

Rinse out with a hot salt water mouthwash. To prepare this take a teaspoon of salt and place into a cup of hot water, sip and gently bathe the site, spitting out and repeating until the water is finished. This should be performed after every meal, or if soreness occurs, until healing is complete. You can use Corsodyl Mouthwash as an effective alternative to the salt water. The other teeth can be cleaned as normal.

Foods and fluids

Avoid hot fluids and hard or chewy foods. Choose cool drinks and soft or minced foods. Avoid sucking at or interfering with the wound.

