



## Post-operative instructions following extractions

Following all extractions, patients may experience varying degrees of discomfort. The degree of discomfort experienced will vary depending on the patient and complexity of the extraction.

Some swelling and dull pain is to be expected following an extraction. This generally peaks at 48 hours after the extraction. If the swelling decreases and then increases again after a few days then this can be a sign of infection and antibiotics may be required.

Prior to leaving the practice it will be ensured that all bleeding has ceased. However, flecks of clotted blood for the next couple of days are normal and should not be confused with profuse bleeding.

Adherence to the following instructions will ensure that any complications are avoided: -

- Do not smoke. Smoking will diminish the healing ability of your gums and can lead to a dry socket (an acutely painful condition) forming in the extraction site.
- Do not consume alcohol for the next few days. Alcohol affects the immune system and predisposes to post-operative infection.
- Rinse with warm salty water or mouthwash for 2-3 times a day to remove food debris and bacteria from the area. It is important to note that there should be no rinsing with anything for the first day after the extraction as this may lead to loss of the blood clot in the extraction socket.
- If antibiotics have been prescribed then take the full course, even if you feel better after a few days.
- Painkillers such as Ibuprofen or Paracetamol may be of benefit in reducing any dull ache. If stronger painkillers such as Panadeine Forte have been prescribed then it is important not to drive or operate any heavy machinery as they will make you drowsy.
- If there is profuse bleeding then this can be addressed by biting on one of the spare pieces of gauze that you have been provided with or on a handkerchief. This will ensure that pressure is placed on the area and this will cause the bleeding to cease.
- Brush all the other teeth as per normal but avoid brushing in the area of the extraction socket for a few days as this will disturb the blood clot.
- Keep your head elevated when sleeping as this will minimize any bleeding and throbbing in the area.
- Avoid exercise for the first couple of days as this will increase blood flow to the area and may cause bleeding.
- You may eat what you feel comfortable chewing. However, it is best to stick to soft foods such as rice or overcooked pasta for the first few days after the extraction and, if possible, to chew on the other side of the mouth from where the extraction has been performed.

**Please contact the practice on 07 47282332 if you have any concerns.**

**We are here to help you.**

