

After Care Information EXTRACTION



You have had a tooth removed today. Following these instructions carefully will help healing and reduce the risk of complications.

Bleeding

Some bleeding is normal for the first few hours. Bite firmly on the gauze provided for 20–30 minutes. If bleeding continues, replace with clean gauze or a clean folded handkerchief and bite firmly. Do not rinse your mouth for the first 24 hours. If heavy bleeding continues for more than 4 hours, please contact the practice.

Pain and Discomfort

Mild to moderate pain is quite normal. Take your usual pain relief such as paracetamol or ibuprofen (if suitable for you) ideally when you get home so you have some pain cover when the anaesthetic starts to wear off. Do not exceed the recommended dose. Avoid aspirin unless advised, as it may increase bleeding.

Swelling

Swelling may occur and usually peaks after 24–48 hours. Apply an ice pack or cold compress to the outside of the face for 10 minutes on, 10 minutes off for the first day.

Eating and Drinking

Avoid eating until the numbness has completely worn off. Eat soft foods for the first 24–48 hours. Avoid hot foods and drinks on the day of extraction. Drink plenty of fluids, but do not use a straw.

Oral Hygiene

Do not brush the extraction area on the day of treatment but try to clean the rest of the teeth as normal. If you have an electric brush turn off the power when brushing in the area of the extraction site for the first few days. After 24 hours, gently rinse with warm salty water ($\frac{1}{2}$ teaspoon of salt in a glass of warm water) 2–3 times daily.

Things to Avoid

For at least 24–48 hours, avoid:

- Smoking or vaping (this greatly increases the risk of dry socket)
- Alcohol
- Touching the area with fingers or tongue
- Vigorous rinsing or spitting

Stitches

If stitches were placed, they are usually dissolvable and will come away on their own.

Possible Complications

Contact the practice if you experience:

- Increasing pain after 2–4 days that feels more 'stabbing and nervy' than an ache
- Persistent or heavy bleeding
- Swelling that worsens after 3 days
- Bad taste or unpleasant smell from the extraction site
- Fever or feeling unwell

Emergency

If you need any further information please email us at hello@lowendentalspa.co.uk or call us on 01794328042. If your emergency is out of hours then please call 111 in the meantime.