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POST OPERATIVE INSTRUCTIONS AFTER DENTAL EXTRACTIONS

Day of extraction

- Gauze pack has been placed in your mouth. Keep the gauze firmly in place for at least 30 minutes before removing.
- If bleeding persists, with clean hands, place a new piece of gauze over the extraction site for an additional 30 minutes.
- After an hour, or once the anaesthetic has worn off, you may eat and drink on the other side of your mouth, but nothing too hot or too cold. Do not swish food or drink around in your mouth or use a straw.
- Rest and avoid strenuous activities for 24 hours. This will reduce the risk of bleeding and help the blood clot to form.
- Do not smoke or drink alcohol for 24 hours.
- Be careful not to bite your lip while it is numb.

Day after extraction

- Dissolve half a teaspoon of salt in a glass of warm water
- Gently rinse the solution around the wound and spit out
- Continue rinsing gently with salt water for 3 to 5 days, after meals and before bedtime
- Continue daily tooth brushing and flossing.

Pain relief for children

Take Panadol, Ibuprofen (eg Nurofen) or similar pain relief if required. Ensure the correct dosage based on the child's age and weight is provided - follow the instructions on the packet.

Pain relief for adults

- You may experience pain over the next few days
- Take Panadol, Panadeine, Ibuprofen (Nurofen) or similar pain medication if required, follow the instructions on the packet
- Speak to your pharmacist if you have any questions about medication for pain.

Bleeding

- A small ooze of blood is common in the first 12 to 24 hours
- If slight bleeding occurs, use clean hands to place a clean piece of folded gauze or cotton cloth over the area. Bite firmly on the gauze for 30 minutes
- Rest with your head slightly elevated.

If there is any prolonged bleeding or severe pain during normal working hours, contact BANK STREET DENTAL at 02 5319 0190. After hours, call *healthdirect* Australia on 1800 022 222 for advice on further care options.

Additional information following surgical extractions

- Swelling is normal and can reach its peak about 36 to 48 hours after surgery
- Swelling will start to reduce after 4 to 5 days
- To help reduce swelling at home use an ice pack over your cheek for 20 minutes, remove for 10 minutes then repeat
- Some bruising may occur as the swelling reduces
- Sleep with 2 pillows so your head is slightly elevated
- You may experience difficulty opening your mouth, this is normal and will become easier as swelling reduces
- Restrict your diet to fluids and soft foods
- You may gradually return to your normal diet over the next week
- Begin normal brushing as soon as possible

A note about dry socket

Sometimes a blood clot does not form in the first day or two after the extraction, or it forms but breaks down for some reason. The result is called dry socket and usually develops 3-4 days after the extraction is performed as severe pain.

If you think you may have dry socket contact BANK STREET DENTAL at 02 5319 0190. We will assess the socket and may place a dressing to protect it until the socket heals to reduce any pain.

Adapted from:

Dental Extractions, Government of South Australia, 2021

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/conditions/dental+care/dental+extractions>

Tooth Extraction, J Johnson, ADA Patient Education Center, 2013

https://www.mouthhealthy.org/~media/ADA/Publications/Files/ADA_PatientSmart_Extraction.pdf?la=en