

## POST EXTRACTION INFORMATION

### Q. I've had my tooth out – what should I do now?

A. Take it easy for the rest of the day. Keep your head up to avoid any bleeding. It is also a good idea to use an old pillowcase, or put a towel on the pillow, in case you bleed a little.

### Q. What precautions should I take?

A. Avoid hot food or drinks until the anaesthetic wears off. This is important as you cannot feel pain properly and may burn or scald your mouth. Also be careful not to chew your cheek.

**Do not smoke**

### Q. Should I rinse my mouth out?

A. Do not be tempted to rinse the area for the first 24 hours. It is important to allow the socket to heal, and you must be careful not to damage the blood clot by eating on that side or letting your tongue disturb it. This can cause a condition called **dry socket** and can affect healing.

### Q. What else should I avoid?

A. Avoid alcohol and exercise for at least 24 hours. Eat and drink lukewarm food as normal but avoid chewing on that area of your mouth.

### Q. When should I brush?

A. It is just as important, if not more so, to keep your mouth clean after an extraction. However, you do need to be careful around the extraction site.

### Q. What do I do if it bleeds?

A. The first thing to remember is that there may be some slight bleeding for the first day or so. Many people are concerned about the amount of bleeding. This is due to the fact that a small amount of blood is mixed with a larger amount of saliva, which looks more dramatic than it is. If you do notice bleeding, do not rinse out, but apply pressure to the socket. Bite firmly on a folded piece of clean cotton material such as a handkerchief for at least 15 minutes. Make sure this is placed

directly over the extraction site and that the pad is replaced if necessary. If the bleeding has not stopped after an hour or two, contact your dentist.

### Q. What can I do to help my mouth?

A. Don't rinse for the first 24 hours, and this will help your mouth to start healing. After this time use a hot salt-water mouthwash to heal the socket. A teaspoon of salt in a glass of warm water gently rinsed around the socket twice a day can help to clean and heal the area. Keep this up for at least a week or for as long as your dentist tells you.

### Q. I am in pain, what should I take?

A. There will usually be some tenderness in the area for the first few days and in most cases some simple pain relief as you would take for a headache (not Aspirin as it causes bleeding) is enough to ease the discomfort.

### Q. I am still in pain, what could it be?

A. Sometimes if bone is exposed it can be very painful. This is called a **dry socket** and in some cases is worse than the original toothache! See your dentist, who may wash and dress the socket. In severe cases antibiotics are necessary. You may also feel the sharp edge of the socket with your tongue and sometimes small pieces of bone may work their way to the surface of the socket. This is perfectly normal. **Do not smoke** as this makes the condition worse