

Post operative Instructions following tooth extraction

Complications following surgery are rare but please follow this advice to reduce the risk of problems.

On the day of surgery

- Avoid disturbing the blood clot in the hole where the tooth was. REST TODAY!
- Avoid rinsing today but follow the later instructions about salt water rinses from the day after the surgery.
- DO NOT SMOKE.
- Avoid alcoholic drinks.

Bleeding

Some pink staining of your saliva is normal following surgery. If you have problems with persistent bleeding then use the gauze supplied or a clean tissue:

- Fold the material and make it damp.
- Place the pack over the extraction site and apply pressure by biting.
- Sit and rest. It can take 30 minutes for a good clot to form.

Numbness and altered sensations

Be careful not to burn or bite yourself whilst you are still numb. The numbness normally lasts 2-3 hours. Some procedures can carry a risk of damage to the nerves if they lie close to the teeth. If you experience altered sensation which doesn't improve then contact us for a review.

Pain and swelling

Some pain and swelling is to be expected after surgery. This will usually peak at about 2 days after surgery and will normally resolve over the course of a week. Taking pain killers regularly but not exceeding the safe maximum dose will help. Unless you have been told otherwise by a doctor it is fine to take both paracetamol AND ibuprofen.

- Paracetamol 500mg. 2 tablets every 6 hours as required.
- Ibuprofen 400mg. 1 or 2 tablets 6 hourly as required.

The next 7 days

Some simple precautions should help make things more comfortable:

- Eat and drink carefully. Soft foods will be easier to eat initially. Ensure you drink plenty of fluids.
- Clean your mouth thoroughly but gently.
- RINSE YOUR MOUTH AFTER EVERY MEAL WITH WARM SALT WATER RINSES. Half a teaspoon of salt (1 sachet) in half a cup of warm water.
- AVOID SMOKING.

If you are having problems please contact the practice on 0116 2604604 or if you need to contact us out of routine Surgery hours please email Radhika@green-dental.co.uk