**Post Operative Dental Extraction Instructions**

Following an extraction there are a number of instructions you should follow.

Do not rinse your mouth for 24 hours after extraction as this may disturb the blood clot and result in continued bleeding.

**Day of extraction**

* A gauze pack has been placed in your mouth. Keep the gauze firmly in place for at least 30 minutes to stop the bleeding.
* If it starts to bleed later, place a new pack if necessary - with clean hands. Wrap used packs in tissue and place in rubbish bin.
* After an hour, 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 as this will disturb the blood clot.
* Rest and avoid physical activities such as running, swimming and other activities for the rest of the day.
* Do not smoke or drink alcohol for 24 hours. This may lead to a very painful and lingering “dry socket”
* 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 of all remaining teeth.

**Pain relief for children**

Take Panadol, Ibuprofen (eg Nurofen) or similar pain relief if required. Always follow the instructions on the packet.

**Pain relief for adults**

* It is common to experience pain over the next few days
* take Panadol, Panadeine, Ibuprofen (Nurofen) or similar pain medication if required. Always follow the instructions on the packet
* please note: do not take Ibuprofen or Aspirin if you are allergic to these medications, have asthma, reflux or gastric ulcers
* 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, cotton cloth (eg clean handkerchief) or tea bag over the area. Bite firmly on the pad for 30 minutes
* rest with your head slightly elevated.

If there is any prolonged bleeding (24 hours) or pain during normal working hours, contact your dental clinic on 83238457. After hours, call *healthdirect* Australia on [1800 022 222](tel:1800022222) 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 which require minimal chewing
* you may gradually return to your normal diet over the next week
* begin normal brushing as soon as possible
* spit, don’t rinse after brushing with fluoride toothpaste