



## Post-op Instructions for a Tooth Extraction

### Bleeding

- After an extraction, it is to be expected to have some bleeding, which may be seen during the first 48 hours following surgery. If bleeding occurs, place gauze directly over the area and apply firm pressure for 15 minutes. It may be necessary to repeat this procedure. If bleeding persists, please call the practice or if we're closed contact your local A&E department

### Swelling

- It is normal to get a small amount of swelling up to a week after extraction.

### Pain Relief

- Start taking medication as directed prior to the local anaesthesia wearing off (500mg Ibuprofen or 1g Paracetamol). It is not uncommon to have a certain amount of discomfort following an extraction. Medication should not be taken on an empty stomach to prevent nausea. If nausea occurs, drink a small amount of a glucose containing beverage periodically.

### Diet

- Your pain tolerance will dictate what you feel comfortable eating. A soft diet is recommended the first few days after surgery. You may resume your normal diet as soon as you feel comfortable doing so.

### Oral Hygiene

- Rinsing, spitting and brushing the area(s) should be avoided the day of surgery. Resume brushing the day after the extraction as good oral hygiene is important in healing. Gently rinse with warm salt water (1/2 teaspoon salt in 8 oz. of warm water) after meals and before bed.
- Please refrain from touching the area with your fingers as you do not want to introduce germs (bacteria) into the wound.
- Please refrain from touching the area with your tongue. This will disturb the wound and delay its healing.

### Activities

- Avoid vigorous activities for three to four days after surgery. You may return to your normal activity the following week.

### Other Symptoms

- Radiating pain to your ear may be a sign of a "dry socket". If the pain medication does not relieve the pain, please contact the practice.
- It is not uncommon after surgery to have a slightly elevated temperature for the first 48 hours. If the temperature continues or becomes greater than 101°F, please call the practice. Everyone heals differently. If you experience any of the above symptoms, it is considered normal. They are most likely temporary and will resolve as you heal. If you have any questions and/or concerns, please contact the practice.
- Small bony fragments may work themselves out during the healing process, if this is uncomfortable in anyway, please contact the practice.