

PATIENT FACT SHEET



TOOTH EXTRACTION POST OPERATIVE CARE

If you have undergone an oral surgical procedure involving tooth extraction, it is important to review and follow these simple post-operative instructions and are aware of what to expect following the procedure.

- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Only lightly spit out and/or allow water to fall out of the mouth using the opposite side to the extraction.
- Take the prescribed pain medications only as directed.
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable.

What to expect after surgery:

Bleeding

Oozing or redness in the saliva is not uncommon, and a certain amount of bleeding is to be expected following surgery during the first 12 - 24 hours.

- *Gently rinse out your mouth with cold water*
- *Place a clean damp gauze pack or similar (e.g clean handkerchief) over the bleeding area and bite firmly on the pad for 20-30 minutes. Repeat.*
- *Bed rest with the head slightly elevate.*
- *If bleeding persists or is severe, please contact the practice.*

Dry socket inflammation

This can occur and manifests with continual pain 3-5 days following procedure. Please contact us if this does not improve within 24 hours.

Bruising

Bruising may occur as the swelling begins to subside.

PATIENT FACT SHEET

Diet

Your food intake will be limited for the first few days as you initially have soft foods and gradually return to your usual diet. However maintain your fluids to avoid dehydration.

Difficulty swallowing

Due to the anaesthetic or sedation technique used, you may experience difficulty in swallowing

Discomfort and pain

You may experience a sore throat, or muscle pains. This should decrease significantly after 2-3 days.

Alcohol and smoking

Do not consume alcohol for at least 48 hours and do not smoke as this will lead to a dry socket and/or infection.

Infection

Infection is uncommon following oral surgery and if it does occur it will show itself later (after 3-5 days) with increase in swelling and / or discomfort on the onset of a discharge. Please contact us if this occurs.

Mouth Opening Limitation

Mouth opening will be limited following oral surgery and will pass as swelling subsides.

Oral care

Oral hygiene is very important and promotes healing and fast recovery. Commencing 24 hours after surgery; gently bathe your mouth with warm salty water (1 teaspoon salt in a cup warm water) following each meal, morning and night. A soft brush can be used to gently clean teeth in the area at this time. Avoid vigorous rinsing so as not to disturb the blood clot. Only gently spit out or allow water to fall out from the opposite side of the extraction site. Your dentist will sometimes recommend a chlorhexidine based mouth wash or gel (non alcoholic), e.g curasept. Please do not use any others especially in the first week after the extraction.

Swelling

This is a normal response and usually reaches its peak 36-48 hours following the surgery. It often varies from one side of the face to another depending on the degree of surgical complexity. The swelling will significantly start subsiding after 4-5 days.

Work

Depending on the type of surgery and occupation, advice will be given. A medical certificate will be provided upon request.