



the terrace dental practice

Smile, you're in good hands[©]

Post Extraction Instructions

These instructions provide information for the healthy and speedy recovery of an extraction site. Healing is quicker the cleaner the site.

Do Not Rinse For 24 Hours

Rinsing can wash away blood clots and lead to further bleeding and delayed healing. Whilst the area remains anaesthetised there is a risk of biting lips and disturbing the site. When starting to eat and drink begin with soft foods and avoid spicy foods; be careful whilst drinking not to rinse around the mouth as this could disturb the healing socket.

Pain Control

If necessary you can take **painkillers** for example; paracetamol. Avoid aspirin based painkillers and check your suitability for any drugs with the pharmacist.

Avoid Smoking

Smoking increases the risk of subsequent infection and delays healing.

Avoid Alcohol and Strenuous Exercise

Both can lead to bleeding and delayed healing.

Bleeding

A degree of blood oozing will occur from the site for the first 24 hours. If fresh bleeding occurs, you should apply pressure to the site with a pack. This is achieved by placing the pack given by the dentist or placing a clean rolled cloth hankie on the site and biting hard. Pressure should be applied for 10-15 minutes and will stop bleeding. This pack should be disposed of safely. If your efforts are unsuccessful after an hour or two contact your dentist.

Mouthwash on the Following Day (24 hours later)

Rinse out with warm salt water mouthwash. To prepare this take a teaspoon of salt and place into a cup of warm water to dissolve, sip and gently bathe the site, spitting out and repeating until the water is finished. This should be performed after every meal, or if soreness occurs, until healing is complete. Healing is quicker the cleaner the site. The other teeth should be cleaned as normal.

Sharp Edges

You may feel the sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way free. This is normal. Any concerns please contact your dentist.

Increasing Pain

It is not unusual to experience swelling or discomfort. However, if pain persists after a few days this could mean an infection of the healing site or a 'dry socket', indicating a need to return to the practice for further treatment.

Recovery

Full recovery should take about two weeks.