

Post-Op Instructions **EXTRACTIONS**

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. Immediately following your tooth extraction, you will be instructed to keep the gauze pack in place. It is not necessary to apply too much pressure. The dentist will have checked that your bleeding has stopped before you leave the surgery.

Keep the gauze pack in place for 30-60 minutes. After this time, simply remove it from the mouth and dispose of it thoughtfully.

Do not rinse, spit out, suck on lollies or through a straw for today. Eating is possible but is recommended to avoid chewing on the socket. Eat only soft nutritious foods.

Strenuous activity such as lifting or jumping should be avoided. Elevate head while lying down.

A second gauze pack will have been provided to you. This gauze pack is usually not needed, however, it is recommended to be changed because this helps prevent saliva from entering the socket. It is highly likely that saliva in the socket can detrimentally affect healing.

After 24 hours you can rinse gently with warm salty water (1tsp salt: 1 glass warm water). Do this 2-3 times daily for 3 days, especially after eating.

Avoid smoking and drinking alcohol for at least 3 days.

Bleeding

Some bleeding and oozing are to be expected. Please keep the gauze pack firmly over the surgery site for about one hour. The gauze pack can usually be changed out upon your arrival home. If no bleeding occurs upon removal, the gauze does not need to be replaced. If bleeding continues (which is more typical), a new gauze pack should be placed, and firm pressure should be applied for about 45 minutes to one hour. Repeat as necessary.

A tea bag can be used if your gauze supply runs low. A thick washcloth dipped in ice water can also help control bleeding. It is not uncommon to have oozing of blood for several hours.

Most bleeding problems are related to not placing firm, uninterrupted pressure on the bleeding sites.

Swelling

Swelling will be at a maximum about 2 or 3 days after surgery. Often early in the morning, swelling is at a maximum. Keeping your head elevated (in a recliner or on several pillows) for approximately 3 days will reduce swelling. Ice packs are helpful for the first day or so.

Pain Relief

You will be sore and swollen for a few days. Patients can expect this to last for anywhere between 4-10 days.

Some pain is to be expected and can be managed with Ibuprofen 400mg (ie. Nurofen) or Paracetamol 500mg (ie. Panadol). Take this before the numbness wears off. If this is not enough you can alternate between Ibuprofen and Paracetamol 500mg every 2 hours. Avoid Aspirin as this may increase bleeding. Reduce facial swelling by using an ice bag over the area - 20mins on, 20mins off.

Expected post-operative conditions

The following post-operative conditions may occur in some patients while healing is progressing normally:

- Pain up to 10 days.
- Swelling on one or both sides of the jaw.
- Numbness around the corner of the mouth or tongue. Please notify us if this persists for longer than 5-7 days.
- Mild, occasional bleeding from a healing socket.
- Bruising can occur; however, it is rare.
- Difficulty opening your jaw for a few days.
- Infections are rare after oral surgery. Usually, swelling within the first week is not related to an infection. The mouth will develop a yellow/white scab over a healing extraction site. This should not be confused with an infection.
- Small bone fragments can work their way to the surface during the healing process. Generally, these will resolve with time.

When to call us?

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- Heavy or excessive bleeding
- Pain lasting more than 10 days or excruciating pain.
- A reaction to the medication you have been prescribed
- Trouble swallowing or breathing

If you have any concerns, phone us
on:
07 3357 4177