

Tooth Extraction

Post Operative Instructions

Today

1. Keep the extraction site packed with surgical gauze for 1 hour after the extraction. Speak with your teeth together while the gauze is in place. Blood stained saliva is normal following the procedure.
2. After the extraction the area will be numb from the local anaesthetic. Be careful not to bite or chew your lip, tongue or cheek.
3. Avoid hot and cold food or drink immediately following the extraction.
4. It is VERY IMPORTANT that you DO NOT wash your mouth today. This allows clotting to proceed. Dislodging the blood clot can result in a condition, Dry Socket. This is a very painful condition and will require further post-operative treatment.

Tomorrow

5. GENTLY RINSE THE AREA WITH SALTY WATER. Mix 1 teaspoon of salt in a cup of boiled water and cool to room temperature. Use this solution as a mouth rinse, GENTLY rinsing twice a day for 5 days.
6. It is important to brush your teeth the day after the extraction. Good oral hygiene will reduce the risk of post-operative infection.

The Next 48 Hours

7. Avoid alcohol for 48 hours and avoid hot and cold foods for 24 hours as these can promote further bleeding.
8. Avoid heavy exercise for at least 48 hours as increased blood pressure can promote further bleeding.
9. Avoid Aspirin for 48 hours after the extraction, as aspirin can encourage bleeding.

10. Swelling of the extraction area is to be expected following a surgical extraction, however to minimise swelling apply ice packs to the cheek and jaw, 5 minutes on 5 minutes off. Apply ice packs as soon as possible following the procedure. Swelling can continue for up to 4 days and then gradually subside.

In The Coming Weeks

11. During the healing period, avoid sharp brittle foods such as peanuts, crusty bread, corn chips. These types of food can disturb the healing or lodge in the healing site.
12. Trismus (limited mouth opening) is also common for up to 2 weeks. Some bruising to the face can be experienced.
13. The extraction socket will begin to remodel over the next few weeks and can take 3 to 4 months to completely remodel.

Prescribed Medication

14. Your dentist has prescribed some medication for pain relief:
 - a. Diclofenac 50 mg tablets: 1 tablet to be taken 3 times per day for 5 days.
 - b. Panadiene forte tablets: 1-2 tablets to be taken 1 hour before bed for the first 3 days only.

If additional pain relief is required during the days following the extraction take panadol (paracetamol) in between the diclofenac doses. Please do not take nurofen or ibuprofen as these medications are in the same class as diclofenac and taking additional types of these medications can lead to symptoms of an overdose.

If you have any concerns following the extraction please do not hesitate to contact Paramount Dental.

