

Instructions Following Tooth Extraction

What To Expect

Some discomfort, bleeding and/or swelling are expected after having a tooth removed. The following are guidelines to follow which will help the healing & lead to a quicker recovery.

Discomfort

For mild pain after the local anaesthetic (“freezing”) goes away, you can take 2 Extra-Strength Tylenol (avoid Aspirin) every 6 hours. If we have given you a prescription for stronger pain medication, you can take one tablet when you arrive home. Then follow the directions for the prescription. Certain persons may experience an upset stomach from such medicine. If this occurs, take the pills after having something to eat.

Bleeding

To help reduce the bleeding from the socket, you have been given a pack of gauze. When you arrive home, you will be biting on a pad of this. You should remove the pad every 10 minutes & replace it with a new gauze. Also, to promote the blood to clot:

- Keep your head elevated & avoid excessive activity
- Avoid spitting
- Do not use a straw
- Avoid smoking for 4-6 hours & drinking alcoholic beverages for 24 hours
- Do not rinse your mouth for the first 24 hours

Swelling

This is not common after a simple tooth extraction, but may occur in more complicated cases. You can minimize this by placing an ice bag on your face for 30 minutes on, then 30 minutes off for the first 4 hours.

Diet

For the first 24 hours, you should only take fluids or soft foods. Avoid any hot food. Good suggestions are eggs, custards, yogurts, soups & pasta. Try to drink 2 litres of liquids per day for the first few days.



Instructions Following Tooth Extraction (continued)

Oral Hygiene

After surgery, it is important to keep your teeth as clean as possible. At first, only brush the teeth away from the extracted area. The next day, you may start using warm salt water rinses (1 tbs. salt in 1 glass water) approximately 3 times a day. Continue this for 1 week.

Activity

Generally, it is advised that you relax & rest in a chair the day of the extraction & avoid any significant physical activity. This will promote your healing.

