



## **PATIENT CARE: AFTER AN 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 and lead to a quicker recovery.

### **DISCOMFORT:**

For mild pain after the local anaesthetic ("freezing") goes away, you can take 2 Extra-Strength Tylenol (1000 mg acetaminophen) every 6 hours. Avoid Aspirin as it may cause more bleeding. 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 and replace it with a new gauze until the bleeding become just a contact spot on the gauze. Also, to promote the blood to clot:

- ✓ keep your head elevated and avoid excessive activity
- ✓ avoid spitting
- ✓ do not use a straw
- ✓ avoid smoking for 4-6 hours and 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 10 minutes on, then 10 minutes off for the first 2-4 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 and pasta. Try to drink 2 litres of liquids per day for the first few days.

### **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 tbsp. salt in 1 glass water) approximately 3 times a day. Continue this for 1 week.

### **ACTIVITY:**

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