

Tooth extraction: Post-operative Instructions

- Should you have any bleeding, remove a piece of gauze from the package supplied, fold into a square and place over the bleeding socket. Bite firmly for 30 minutes and repeat if necessary. Alternatively you may use a wet towel or handkerchief, but avoid tissues.
- You may eat or drink anything soft or cool, but avoid hot.
- Starting tomorrow, gently rinse your mouth with warm salt water (half a teaspoon of salt in a glass of boiled and cooled down water). Repeat 3-4 times daily for the next 3 days.
- Take care not to bite your lip or tongue if still numb after the procedure.
- No smoking for at least 24 hours.
- No alcohol for at least 24 hours.
- No spitting or excessive blowing of the nose.
- Avoid vigorous mouth rinsing or touching the affected area.
- No vigorous exercise for at least 24 hours.
- Brush your teeth as normal, but take care not to disturb the extraction site.
- If you are taking any pain medication, please remember to eat beforehand and use only as directed.
- Please ensure you return for your follow-up review appointment. This allows us to ensure that healing is occurring as planned and gives us a chance to remove stitches, if necessary.

Failing to follow these instructions may cause the blood clot to dislodge from the extraction site, preventing healing.

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 increased bleeding
- Pain or swelling that increases or continues beyond 2 or 3 days
- A bad taste or odour in your mouth
- A reaction to the medication, such as a rash

You may reach us during normal business hours, or if you have an emergency when our offices are closed, please visit the emergency department of your local hospital.