

## EXTRACTIONS

### *Post Operative Care*

- ☐ Bite firmly onto the gauze provided for **at least 30 minutes** after your extraction. This will help stop the bleeding.
- ☐ Change the Gauze every 30 minutes until the bleeding has stopped.
- ☐ It is not necessary to replace the gauze if the bleeding has stopped by the first 30 minutes.
- ☐ Pink coloured saliva is normal.
- ☐ If the bleeding does not stop within 60 minutes, please contact us or make your way here whilst keeping firm pressure on the site.

For optimal healing, it is vitally important that a blood clot forms in the socket and that this clot is protected.

Disturbance of the clot can lead to increased bleeding. Complete loss of this blood clot can result in a painful condition called "Dry Socket"

#### **During the first 24 hours:**

- ☐ Avoid ALL rinsing
- ☐ Chew on the opposite site to the extraction. Soft foods are recommended.
- ☐ Keep your head elevated (to stop the flow of blood to your head) When reclined, use extra pillows to help achieve this.
- ☐ Avoid sucking fluids through a straw-the negative air pressure created will dislodge the blood clot and promote bleeding.
- ☐ Avoid cigarettes-smoking may dislodge the blood clot or prevent a blood clot forming. This delays healing and can also result in "Dry Socket".
- ☐ Avoid alcohol.

#### **NOTE: Some discomfort is expected after an extraction.**

- ☐ Recommended pain control (unless otherwise instructed by your dentist) is 2x Panadol and 1x Neurophen (total of 3 tablets) every FOUR hours
- ☐ Prescription medication, ie Panadine Forte, may be taken as directed on your script.
- ☐ If pain should persist beyond 48 hours, contact our surgery for assistance.
- ☐ DO NOT TAKE ASPRIN. It is a noted blood thinner and will promote bleeding
- ☐ If you have had a surgical extraction you will find there are sutures in your mouth. These are self dissolving. It can take up to 3 weeks for them to dissolve. If, after this time they have not dissolved, contact our surgery.
- ☐ Avoid brushing your teeth in the area of surgery until the bleeding has stopped entirely. After this, you may brush your teeth gently. Be extremely careful not to disturb the area of surgery. A clean mouth will heal faster.

#### **After 24 hours:**

- ☐ Light rinsing with warm salty water every 4 hours (during the day time) is strongly recommended.
- ☐ Salty rinsing after eating is ideal.
- ☐ Continue this for 5 days after your extraction, or until the growth of gum tissue has sealed the wound. This helps to keep the healing socket clean and avoid infection.