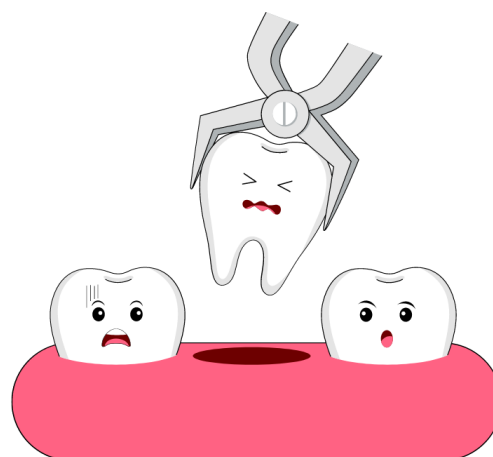


## Post-operative instructions after having a tooth extracted

### Post-operative instructions

There are so many things to think about after having a tooth extracted and the essence of essential things include;

1. Pain management
2. Bleeding management
3. Mouth and oral hygiene
4. Managing food and drink
5. Managing infection risk.
6. Dry Socket
7. What to do when you do not know what to do.



### What Not To Do?

It is important not to disturb the blood clot so;

#### DO NOT:

- ◇ Remove the pack too soon.
- ◇ Eat or drink within the first hour.
- ◇ Rinse vigorously.
- ◇ Take any aspirin, as this causes excessive bleeding.

### Pain Management

- Be careful not to bite a numb lip, tongue or cheek. Parents, please watch your children for this as well.
- Most over-the-counter analgesics (pain killers) that you would use commonly can help.
- Most recently a special class of over the counter analgesics [ pain killers] have worked effectively for moderate dental pain – they are a combination of paracetamol and ibuprofen – they have the common names of nuromol, maxigesic or mersynofen – ask you chemist for advice.
- If you are unable to manage pain with this – contact me personally.



### Bleeding Management

- Follow the DO NOT's above.
- Bite firmly on the pack for 30 minutes then remove gently.
- Repeat the above if bleeding persists and contact me if you have concerns
- Place a towel on your pillow for the first night.
- A little pink or red streaky saliva is okay but spoonfuls of red clotted blood are not.
- When in doubt contact me or go to an emergency hospital department.

### Mouth & Oral Hygiene

- On the first day it's generally preferred that you only use a mouthwash for tooth and mouth hygiene. This can be as simple as a salt water mouthwash [ recipe? ] or bicarb soda mouthwash [ recipe ] You can use a commercial mouthwash. Sometimes the dentist will prescribe a chlorhexidine based mouthwash.
- On the first-day swill very gently – no vigorous washing machine style flushing and no vigorous spitting, just gentle dribbling out of the mouth.
- You can brush your teeth gently but not in the area of the extractions.
- Use a mouthwash before and after food especially in the first week, and check your breath.

### Managing Food & Drink

- You may eat or drink after one hour but avoid hot substances and alcohol. Eat on the opposite side to where you have had the teeth extracted. You want to minimise the risk of food getting stuck in the healing socket as this increases the risk of infection. It will take about a month for the healing gums to be strong enough to eat on them

### Dry Socket

- Dry socket is a condition that happens sometimes after an extraction. It is a lingering pain or ache that persists beyond two to three days after the extraction. Sometimes the blood clot doesn't form properly and raw bone is exposed and this hurts. Please contact my rooms and arrange a follow up appointment.
- Usually I place a medicinal dressing that settles the pain. Occasionally, the wound has to be cleaned under local anaesthetic. It's best reviewed by me to make that assessment.



### Managing Infection Risk

- This is a rare occurrence and if it occurs it may occur more than a week after the extraction. Swelling, heat and redness in the flesh, jaws and face are a clue. This requires urgent attention and if the dentist is not available, you should attend the emergency department of a hospital.

### What to do when you don't know what to do

- If tablets have been prescribed, please take as directed by the dentist.
- If you have any problems, please contact the surgery on (03) 9882 3366.