

NOW THAT YOU HAVE HAD AN EXTRACTION

WHAT TO EXPECT

SOME DISCOMFORT, BLEEDING AND OR SWELLING MAYBE EXPECTED AFTER HAVING A TOOTH REMOVED. THE FOLLOWING ARE GUIDELINES WHICH WILL HELP IN THE HEALING AND LEAD TO A QUICKER RECOVERY.

DISCOMFORT

ONCE THE LOCAL ANAESTHETIC HAS WORN OFF, YOU CAN TAKE 1-2 PANADOL EVERY 6 HOURS. IF WE HAVE SUPPLIED YOU WITH A PRESCRIPTION OR MEDICATION THESE SHOULD BE TAKEN AS PRESCRIBED ON THE PACKET.

BLEEDING

TO HELP REDUCE THE BLEEDING WE HAVE SUPPLIED A GAUZE PACK WHICH YOU CAN PLACE ON THE EXTRACTION SITE AND BITE DOWN FOR 30 MINUTES. IF REQUIRED YOU CAN REPLACE THE GAUZE WITH A NEW ONE, WHICH HAVE BEEN SUPPLIED. THIS HELPS WITH THE BLOOD CLOT.

- AVOID RINSING/SPITTING AND GARGLING/BRUSHING FOR THE FIRST 24 HOURS
- DO NOT USE A STRAW
- AVOID SMOKING AND INGESTING ALCOHOL FOR 24 HOURS

SWELLING

THIS USUALLY OCCURS WITH COMPLICATED CASES. PLACING AN ICE PACK ON YOUR FACE CAN MINIMIZE THIS.

DIET

FOR THE FIRST 24 HOURS, YOU SHOULD ONLY HAVE SOFT FOODS AND FLUIDS, AVOID ANY HOT FOODS AS THIS MAY INCREASE BLEEDING.

ORAL HYGIENE

AFTER SURGERY IT IS IMPORTANT TO KEEP THE MOUTH AS CLEAN AS POSSIBLE. THE NEXT DAY YOU CAN START WITH WARM SALTY RINSES, THREE TIMES DAILY

GENERALLY IT IS ADVISED TO RELAX AND REST FOR THE DAY, AVOID ANY SIGNIFICANT PHYSICAL ACTIVITY TO ASSIST WITH THE HEALING PROCESS