



hamilton road
dental practice

POST OPERATIVE INSTRUCTIONS FOLLOWING AN EXTRACTION

Take Care

The area around the extraction site will be numb for at least 3 hours, be very careful not to bite or burn your lip during this time.

Bleeding

The wound is likely to bleed for around 24 hours. Applying pressure to the wound with a folded tissue/handkerchief for about 30 minutes should help to cease this. Try to avoid hot tea and coffee for a few hours after as this could cause bleeding. Avoid exploring the wound with your tongue.

Pain and swelling

There is likely to be a little pain or swelling for 2 or 3 days. It is advisable to take a painkiller before the anaesthetic wears off. Both paracetamol and ibuprofen are effective. An ice pack applied to the side of your face can be helpful if you experience swelling.

Keeping the wound clean

Avoid rinsing your mouth for up to 6 hours following the extraction. After this, try to rinse 4 times daily with warm salty water, preferably after eating. Try to eat on the other side of your mouth.

Things to avoid

- Smoking cigarettes, pipes or cigars for 24 hours
- Drinking alcohol for 24 hours
- Physical exercise, especially swimming

Complications

If you experience prolonged numbness, prolonged pain or prolonged bleeding, contact the surgery.