

## **ADVICE AFTER EXTRACTIONS**

### **Immediate and General Advice.**

- **Avoid** excessive exercise and strenuous *activity* for the rest of the day.
- **Do Not** drink/eat anything *hot/cold or alcoholic* for 3-4 hours after extraction.
- **No Smoking** for at least 3-4 hours.  
(this can lead to dislodgment of blood clot and bleeding).
- **Do Not** rinse your mouth out on the same day of extraction. A soft diet is advised, preferably once the numbness is gone and chew on opposite side.
- **If Antibiotics/Anti-inflammatory**s are prescribed, take as directed and finish the course even if pain/swelling has disappeared.
- **If Stitches** have been inserted, limit use of facial muscles (eating, speaking, laughing etc. for next 24 hrs).

**If Bleeding occurs** – gently rinse out excess blood and place a piece of *moist rolled tissue* over socket and bite firmly on it *continuously* for at least 20 minutes. If bleeding cannot be controlled, contact surgery at **045 431371**.

**If Pain** – take an over-the-counter *painkiller* (Ibuprofen). Ask a Pharmacist/Doctor for advice, especially if taking other medication.

**If Swelling** – *ice-pack* the area immediately for 10 minutes, off for next 20 minutes. Repeat this cycle until swelling is under control.

(the more difficult the extraction, the increased likelihood of swelling/bruising).

You may feel sharp edges in the socket with your tongue and small fragments of bone may work loose. This is normal especially if was a difficult extraction.

### **Day After and for One Week Therafter.**

\*It is important that you keep your mouth, in particular the socket, as clean as possible. Rinse your mouth with **warm salty water** as often as possible (after every meal at least). Do not use commercial mouthwashes. This will promote faster healing.

\*If severe pain starts a day or so after the extraction, you might have **Dry Socket**. This is a very painful condition and affects at random a small proportion of extractions. It means there will be delayed healing. Dry sockets last for up to 2 weeks. If your dry socket is very painful, please contact the surgery.