

Patient instructions after a tooth extraction

What to expect and what to do:

- Avoid hot drinks or foods while your mouth is still numb. You may burn your lip without knowing.
- To reduce the chance of bleeding
 - Avoid rinsing near the socket for 1 day
 - Avoid doing heavy work or exercise. Raised blood pressure may cause bleeding
- Avoid eating near the socket. Food impaction in the socket may cause pain and lead to an infection
- Rinse the socket with chlorhexidine mouthwash using a provided plastic syringe 3 times a day after meals, starting 1 day after the extraction
- Take pain killers before the numbness wears off. Standard 2 x 500mg tablets of paracetamol (panadol) for an adult is usually sufficient. Repeat every 6 hours according to the instruction on the packet. Repeat the process day by day as needed. If stronger dose is required, panadol can be taken alternatively with ibuprofen (nurofen) every 3 hours. Please check that ibuprofen is not interacting with your current list of medications.
- An extraction socket usually takes 2-3 weeks to heal. Discomfort is expected for a few days, up to a week after the procedure. This is normal as long as discomfort can be managed with pain killers.
- Common causes of significant pain after an extraction
 - Smoking or alcohol consumption will destroy blood clot which delays the healing process. This is commonly known as having a “dry socket”.
 - An infection of the wound from food impaction or poor oral hygiene
- If the risk of a communication/tunnel between your mouth and the sinus was informed, take precautions to avoid creating pressure change in the nose/mouth region for 3 weeks. E.g. Do **NOT** close your mouth when you sneeze. Do **NOT** suck liquids through a straw.

If you have any questions please do not hesitate to call the clinic

KIND REGARDS,

Supa Dental Team