









## Post Extraction Instructions

### Post-Extraction Instructions Following Surgical Removal of Tooth





#### Pain

-  There should be no pain immediately after the operation due to the local anaesthetic used. This should last for 3-4 hours before sensation returns slowly and care should be taken to avoid biting the lip or tongue during this time.
-  Pain tends to be worse on the 2nd or 3rd day but gradually improves over a period of 7-10 days.
-  Simple painkillers such as Paracetamol, Ibuprofen or Codydramol should control the pain.
-  If there is a sudden increase in pain after a few days, this may indicate infection and the surgeon should be contacted.




#### Swelling


-  This is common after surgery has been carried out in the jaw.
-  The swelling reaches it's maximum 2-3 days after surgery.
-  The swelling should resolve 7-10 days after surgery.
-  Bruising of the face occasionally occurs and can take up to 2 weeks to resolve.

#### Bleeding




-  This should be minimal by the time you leave the surgery.
-  Blood stained saliva is to be expected for 24-48 hours after the operation.
-  **Do not rinse** the mouth for the first day. This may disturb the blood clot and cause bleeding.
-  If persistent bleeding occurs, roll up a piece of gauze and place it over the wound and bite firmly over a period of at least 15 minutes.

#### Oral Hygiene


-  The next day, use a hot salt-water mouth bath. The water should be as warm as possible and a spoonful of salt added. Take a mouthful and hold it still for a couple of minutes before spitting out.
-  Repeat 4 times daily. This will help healing.
-  Keep your teeth clean with gentle tooth brushing if possible. A tooth brush can be softened under a hot tap.

 Chlorhexidine (Corsodyl) mouthwash will help reduce plaque while tooth brushing is difficult.



### Diet

-  Your mouth opening will be restricted for about a week.
-  Eating semi- solid food should be possible.
-  Use your own discretion and gradually start eating normally according to your own pace as possible.



### Stitches

 If you have stitches (sutures) in your mouth, these should dissolve and drop out after a period of 7-10 days.


### Medication

-  Antibiotics after the operation may be required in some cases.
-  If necessary, antibiotics and painkillers will be prescribed or advice given.

### Time off work

-  This will depend on your profession and the amount of surgery.
-  The average time off work should be between 3-5 days, but there is a great deal of variation between individuals.

### Follow-up

 If follow- up is needed, this is usually 2 weeks after surgery.

