

VALLEY DENTAL

Post Extraction Recovery Care

During the first 24 hours

It is important that a blood clot forms on the extraction site to stop bleeding, reduce pain, and speed healing. To protect the clot and avoid the pain of dry socket:

- Bite on a gauze pad firmly for 15-20mins. Blood and saliva mix in the mouth and make it look like there is more bleeding than there really is. Some oozing is normal; however after 1 hour, repeat with a clean gauze pad if oozing is profuse. The site could ooze for as long as 12 hours.
- Don't spit, and don't suck on candies/through a straw
- Don't rinse your mouth, and don't brush or floss next to the site until the following day.
- Don't smoke, vape or use tobacco. Avoid tobacco for at least 72 hours because it slows healing – can aid in developing a dry socket
- Limit yourself to calm activities and elevate your head with pillows when you lie down to reduce bleeding.
- Don't drink hot, carbonated, or alcoholic drinks, and avoid hot or spicy foods.

To control discomfort: take pain medication before the anaesthetic has worn off or as recommended.

To keep swelling to a minimum: use an ice pack over the area, 20 minutes on and 20 minutes off for first 24 hours.

When the numbness has worn off completely: drink lots of fluids and eat only soft nutritious foods, chewing on the opposite side.



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After the first 24 hours

Begin to eat normally: as soon as it is comfortable.

Resume brushing and flossing: but clean gently around the site for approximately a week.

If antibiotics were prescribed: continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.

Reduce soreness or swelling: by applying moist heat. Swelling usually starts to go down after 48 hours.

Rinse your mouth: with warm salt water after eating and morning and night. Use about one teaspoon of salt per glass of warm water. Rinse 3-5 times a day for the week following the extractions.

When to call us

It is normal to experience some discomfort for several days after a tooth extraction, but call us right away if you have:

- Heavy or increased bleeding
- Pain or swelling that increases or continues beyond two or three days
- A bad taste or odour in your mouth
- A reaction to the medication
- If you have any concerns

CALL US ON 07 3254 2810

- In emergency situations/ after hours, go to your closest hospital or GP or call 000
- Email: nelson@valleydental.au

