

## **Extraction Aftercare Instructions**

**by Camilla George of DentArtWork Dental Care, Lechlade**

**1. No exercise or heavy lifting.**

Relax as much as possible and avoid all strenuous activities for the first 24 hours following surgery.

**2. No rinsing or spitting for 24 hours.**

Rinsing or spitting can lead to removal of the clot and bleeding. It is normal within the first 24 hours to have some bleeding from the extraction site. If this occurs, bite onto one of the packs provided for 20mins to stop the bleeding. If bleeding continues, call the practice on 01367 253685.

**3. Do not disturb the extraction site.**

A blood clot will form on the extraction site, and this clot is vital to the healing process. To keep the clot intact, avoid touching the extraction site (particularly using your tongue). Brush your teeth as normal but just avoid the site for 24 hours.

**4. Put a towel on your pillow before you sleep.**

Blood from the extraction area mixes with your saliva when you are sleeping, so this avoids bloodstains on your pillow the next morning.

**5. Start rinsing after 24hours.**

Rinse gently with a warm salt water solution (dissolve one teaspoon of salt with one cup of warm water) or use mouthwash; gently swish the solution around the affected area, and spit carefully. Do this four times a day (especially after eating) for two weeks following the extraction.

**6. Due to numbness follow a soft diet for 24 hours.** The anaesthetic typically leaves your lips, teeth and tongue numb for up to around four hours after the procedure. You can eat and drink straight away, but avoid having any hard/chewy/crunchy food, or food and drink that is very hot for 24hours.

**7. Pain relief.**

Some discomfort after the extraction is normal. To reduce this, over-the-counter pain relief e.g. ibuprofen or paracetamol (not aspirin), is usually sufficient for one/two days. If swelling occurs, you can use an ice pack for 25 minutes every 2 hours.

**8. No smoking or vaping for one week.** Smoking within this time period can lead to delayed healing of the area and susceptibility to an infection called "dry socket". If this occurs, contact us immediately as this infection normally requires further treatment. If you want to quit smoking, contact Smokefree National Helpline on 0300 123 1044.

**9. No alcohol for 24hours**

This can delay the healing process and make the area prone to infection.

**10. After any extraction** (routine or surgical), you may experience pain, swelling, bleeding and numbness. If any of these symptoms do not get better during the healing period, do contact us. There is always a risk of 0.4 - 8.4% chance of permanent numbness.

**11. It is important to attend your review appointment for us to check the healing process.** There is always a risk delayed healing can be an early sign of cancer.

**We will always aim to review you within 1-2 weeks following an extraction, but if you have any concerns before then please do contact us on 01367 253685.**