

## After Extraction/Minor Surgery Advice

### First 24 Hours:

Avoid mouthwash, mouth rinses, hot food and drinks and strenuous activity for the **first 24 hours after treatment**.

Don't smoke or vape. This reduces your body's ability to heal.

Be very careful not to dislodge any blood clot in the tooth socket by **poking around with your tongue, toothbrushes (or anything else!)**.

It is normal to have a small amount of bleeding/oozing from the surgery site.

If the socket bleeds a lot, apply pressure by biting down on a clean, rolled up **cloth** handkerchief (**not a paper handkerchief or tissue**) placed over the affected area for **about** 10 minutes. Repeat if still bleeding.

Take regular paracetamol and ibuprofen together/at the same time if not allergic. Follow the dose recommendations on packets - don't overdose.

Use a cold compress to ease swelling and sleeping propped up with an extra pillow can help. This reduces blood pressure around your mouth area.

Bruising of the jaw muscles can cause stiffness; this wears off after seven to ten days.

Do not brush your teeth for the **remainder of the day of treatment**.

Once again, avoid smoking or vaping and high sugar foods and drinks (bacteria love sugar and will easily proliferate over surgical sites if given lots of sugar).

### After 24 hours:

Gently rinse your mouth with warm salt water (**one** two teaspoons of salt in a glass of warm water), first thing when you wake, last thing before you sleep and always eating or drinking anything. A lot of salty water! Do this for 5 days after the procedure.

Eat a well-balanced, soft diet for a few days until you're able to chew carefully with your remaining teeth.

Brush your teeth carefully taking care not to dislodge blood clots in the tooth socket; these prevent bleeding and help protect from infection.

Complete any course of antibiotics that you may have been given.

Once again- Avoid smoking or vaping.

If pain or swelling worsens or you get a raised temperature, contact us.

Some swelling and bruising is normal and usually at its worst on the second day, but should disappear within a week or two.

You might also have difficulty opening your mouth wide; again this generally returns to normal within a week or two.

Any stitches you have will fall out by themselves in about 2-4 weeks.

You may need to take time off work or school – your dentist will advise you about this.

## Removal of Upper Molar Teeth

The roots of upper molar teeth may be close to the sinuses in your nose. Very rarely, after removal of a tooth there can be fracture of the supporting bone and pain in the surrounding area. This may require treatment by a specialist oral surgeon in hospital. Any risks will be explained by your dentist.

## Removal of lower molar teeth

Some teeth are very close to nerves in the lower jaw. This can cause numbness, pain or tingling to the tongue, lip and chin area **after treatment**. If this happens, it is usually temporary but occasionally it can be permanent.

Your dentist will have taken x-rays of the teeth which can help tell you whether your teeth are close to the nerves and you will have been advised if there is a higher than normal risk and if specialist care is required.

### **Medical Review:**

The information on this guide has been reviewed for accuracy by Tim Neill, lead dentist, Blue Finch Dental.