



# **Peninsula Dental Social Enterprise (PDSE)**

## **Extraction – Post Operative Instructions.**

### **Version 2.0**

Date Approved: December 2015

Approved by: The Board

Review due: December 2016

## **Post-extraction Instructions**

Post-extraction care is aimed at creation and maintenance of a stable blood clot in the extraction socket to facilitate healing. The clinical staff will ensure that the extraction socket has stopped bleeding before you leave the surgery. Please follow the following instructions:

### **General Precautions:**

- You will be numb in the area of the extraction for the next 3-4 hours. Be careful not to burn yourself with hot food or drink during this time and avoid any lip /cheek biting.
- Do not disturb the extraction wound and avoid exploring it with your tongue or fingers.

### **Bleeding:**

- It is normal to experience slight ooze of blood following a tooth extraction and this can make your saliva appear pink or red.
- Avoid excessive spitting or vigorous rinsing in the first 24 hours after the extraction.
- Please rest as much as possible over the next 2-3 hours whilst the clot forms in the socket.
- If bleeding restarts, soak one of the bite packs provided with clean water and squeeze out excess water before biting on it for 20 minutes. If these are not available, roll up a clean handkerchief, place it over the socket and bite down for at least 20 minutes. If the bleeding continues, you should contact your dentist or emergency services (details given on the next page).

### **Pain control:**

- You will be numb in the area of the extraction for the next 3-4 hours. Be careful not to bite or burn yourself with hot food or drink during this time.
- You will experience some discomfort after the extraction. You will be recommended appropriate painkillers (Paracetamol, Ibuprofen etc) before you leave the clinic. Please follow the instructions on the bottle/packet, especially if you buy them over the counter.
- It may be sensible to take the painkillers regularly for the first 24-48 hours to avoid excessive soreness during this period.
- If the pain increases over the next 3 days, the extraction socket may not be healing properly and you should contact your dentist on the numbers given below.

### **Diet:**

- Avoid chewing on the affected side for the next 24 hours.
- Avoid hot liquids and hard foods for the next 24 hours. After each meal ensure there is no debris left in the extraction socket.”

**Oral hygiene:**

- You should be able to clean the adjacent teeth the day after the extraction with a soft toothbrush and toothpaste as usual, but take care around the site of extraction and avoid excessive spitting or vigorous rinsing in the first 24 hours after the extraction.
- After 24 hours, gently rinse your mouth with warm salt water mouth wash (1 teaspoon of salt in a cup of warm water) every 4-6 hours for the next 3-5 days”.

**Avoid** (for 48-72 hours):

- Smoking
- Alcohol
- Exercise

**Emergency contacts**

Monday to Friday 0900 – 1600 hours

Peninsula Dental School, Dental Education Facility

**Tel: 0345 155 8109**

Out of hours / weekends

Devon Doctors

**Tel: 0845 671 0270**

or

Local Accident & Emergency Department