

Aftercare advice sheet: Mouth care after tooth extraction or Oral Surgery

What to Expect:

1. A degree of swelling. If necessary, apply an ice pack soon after surgery.
2. Any discomfort will be relieved by painkillers. The pain will get worse within the first three days then begin to subside.
3. A little blood oozing from the socket/wound and bruising.

What to do:

1. Do not vigorously rinse your mouth out for 24 hours after the procedure as this can disturb the blood clot.
2. After 24 hours rinse your mouth out with salty water after every meal. Continue this for up to 7 days and for as long as you find it helpful. This keeps the mouth clean and helps prevent infection. Add one teaspoon of salt to a beaker of warm water.
3. If bleeding starts after leaving the practise use the pack of sterile gauze provided or a clean damp handkerchief, placed over the bleeding area. Bite for 20 minutes without disturbing the pack. Do not use paper tissues. If the area continues to bleed after doing the above, contact the practise, but keep the pack in until you see the dentist.
4. Take painkillers before you have pain and take them regularly for up to five days (the best way to relieve pain is to prevent it from occurring). For example paracetamol. If these are not effective, your chemist may be able to recommend something stronger. Take your antibiotics as prescribed by your dentist (if required).
5. Once the anaesthetic (the numbness) has worn off, you can have a drink of tea, etc.
6. We would advise you to have only fluids or soft diet on the day of the procedure. Until the area heals have only warm fluids and soft foods.
7. Do not smoke or drink alcohol for at least 24 hours after the procedure.
8. Brush your teeth as usual but ensure all toothpaste is rinsed gently out of the mouth.
9. You are advised to refrain from physical activity for the rest of the day.

For straightforward minor oral surgery we do not usually offer a routine follow up appointment. In the event of any problems please contact the practice.

Warning

IF you are taking antibiotics or taking an oral contraceptive (birth control pill) and vomit (are sick), your protection may be reduced for seven days after surgery.

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