



Advice After Extraction

1. Avoid cycling or excessive exercise for several hours. Ideally rest by sitting in a chair and use an extra pillow for the first night.
2. Do not drink any alcohol for the first 24 hours.
3. The anaesthetic typically leaves your lips, teeth and tongue feeling numb after the appointment. For this reason, you should avoid chewing for two hours following surgery, or until the numbness has completely worn off.
4. Smoking, or allowing food particles to pack into the tooth's socket, should be avoided, as both will significantly affect the healing process.
5. Some discomfort after the extraction is normal. Over-the-counter pain relief, such as Nurofen or Paracetamol (not aspirin), is usually sufficient.
6. You may feel the sharp edge of a socket with your tongue and occasionally small fragments of bone may work their way out. This is normal.
7. 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 with your tongue or fingers and do not gargle vigorously.
8. Blowing your nose or sneezing violently can also dislodge the blood clot and impair healing, so if you have an upper respiratory infection or suffer from allergies, be sure to have the appropriate sinus medication on hand.
9. The space left by the tooth will feel a bit strange to you at first. Eventually, new gum tissue will grow into the gap left by the extraction.
10. 24 hours following the procedure, you should rinse gently with a warm salt water solution (dissolve one teaspoon of salt with one cup of warm water); gently swish the solution around the affected area, and spit carefully. You should do this 3-4 times each day for the week following the extraction.
11. If antibiotics were prescribed, continue to take them for the indicated length of time, even if all symptoms and signs of infection are gone.
12. Once the numbness has worn off, you should eat. However, please limit your diet to soft foods like yoghurt, soft soups, ice cream, or soft-cooked eggs for the first 48 hours.
13. Drink at least eight large glasses of water or fluid each day.
14. We will give you "bite packs" in case you get bleeding later. Please bite gently but firmly for 20 minutes until the bleeding stops. You can also bite gently but firmly on a moist tea bag for 20 minutes. Be sure to call Mr. Raza if bleeding persists or is excessive.
15. Be sure to brush and floss the other areas of your mouth as you would normally.