



## PATIENT INSTRUCTIONS - DENTAL EXTRACTION(S)

Generally, dental extractions have a very low incidence of post-operative infection and complications. The success of your surgery partly depends on you caring for your mouth after the procedure. The following information will assist you with your post-operative care.

### Expectations:

- You should expect mild bleeding for the first day after the extraction/s.
- There may be mild-to-moderate swelling and pain near the area of surgery, for the following 2-3 days.
- Your teeth may be sensitive to hot and cold food, drinks, and biting, but this is only a temporary condition.

### Things you should DO:

- Starting the next day, use the prescribed Chlorhexidine mouthwash (e.g. Savacol, Plaqacide, Difflam) twice daily. Thoroughly rinse toothpaste out with water after tooth-brushing, prior to rinsing with mouthwash. Gently rinse with 10-15ml for one minute each time. Do not dilute the mouthwash; and do not swallow it. Floss the rest of your mouth as normal. It is very important to keep your mouth clean during the healing phase.
- Rest & avoid exercise on the day of your extraction
- Keep your head elevated above your body (do not lie flat) for 24hrs after surgery.
- Apply ice packs to the face immediately post-surgery for 20min then remove for 10min. Repeat this cycle for the remainder of the day. This will help to reduce the amount of swelling.
- Take your pain medication (e.g. Panadol, Panadeine or Nurofen) as prescribed by your Periodontist. You should maintain a normal diet when taking pain medication.
- Eat soft foods for the first 24 hours.

### Things you should NOT DO:

- Eat or drink hot food / drinks while you are numb.
- Bite your lip or tongue when they are numb.
- Wash your mouth forcibly with water or a mouthwash especially during the first 24hrs after extraction.
- Brush the surgical area.
- Drink alcohol on the day of your surgery.
- Have hot food/drinks during the first 24hrs after extraction.
- Play with any dressing, wound or stitches with your tongue.
- Smoke - the longer you can go without smoking the faster the healing will proceed.
- Strenuous activity for 24-48hrs post-operatively.

### Things to watch out for & Complications:

**Bleeding** - Bleeding after tooth extractions may continue for several hours. Pink or blood tinged saliva may be seen 2-3 days post-extraction and does NOT indicate a problem. It is normal to have a slight bleed after the local anesthetic wears off. Bleeding should be evaluated by looking at the surgical site. If you have any significant bleeding, then place a wet pack (e.g. damp gauze or clean handkerchief) over the wound and apply firm pressure for 15-20 minutes. Rest with head elevated. If bleeding continues then repeat compress for 20min. If bleeding persists please contact the surgery.

**Persistent Swelling** - Swelling will not become apparent until the day following surgery and will not reach its peak for 2-3 days. After this time, swelling should decrease but may persist for up to 7-10 days. Immediate use of ice packs will minimize swelling. Swelling usually decreases after the first 2-3 days. If there is no sign of improvement, after the first 2-3 days, please contact the surgery.

**Dry Socket** – premature dissolving or loss of blood clot may result in a 'Dry Socket'. It is characterized by persistent pain, which radiates to other areas including ear, jaw & teeth. Symptoms of dry socket do not occur until the third-to-fifth day after your operation. A medicated dressing may be placed if pain medication does not resolve the discomfort. To help prevent dry socket, avoid vigorous rinsing, sucking on the wound, spitting, using straws and smoking for 2-3 days post-procedure.

**Infection** - Although rare, infections of the surgical wound can occur. It is important to follow the post-operative care instructions carefully and keep your teeth clean. Signs of infection may include: increasing pain, increased swelling, bad taste or smell. If there is no sign of improvement, increasing pain and swelling or increased temperature or general tiredness after the first 2-3 days, please contact the surgery.

*\*A harmless superficial discolouration of your teeth may occur with prolonged use of products containing Chlorhexidine (Savacol®). This can be removed at your next tooth cleaning appointment.*

**Please contact BCPI reception on 07 3221 9363 if you suspect you have a complication or if you have a concern or query.**

