



PATIENT INSTRUCTIONS – DENTAL EXTRACTION

Generally, extraction has 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.

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.