

INSTRUCTIONS AFTER TOOTH EXTRACTION

- Don't touch the wound. Chew on the opposite side of the extraction site for 24 hours after the extraction.
- Don't smoke for 12 hours after the extraction, because smoke irritates the wound and induces bleeding.
- Don't brush the area around the wound for 24 hours after the extraction. After that, gently brush it and mind your oral hygiene.
- Don't rinse the wound for 24 hours after the extraction, so that you don't rinse the blood clot, since it is vital for proper healing.
- Bleeding after the extraction is normal to some degree – if/when it occurs, place a gauze pad directly over the extraction site and bite firmly for 20 minutes. If the excessive bleeding continues, call the dental practice. You can put a wet tea bag on the wound at home. Tea contains tannin which naturally reduces bleeding.
- It is normal to feel some pain, especially when analgesics stop working. You can use painkillers such as Tylenol, as well as Voltaren Rapid (which should never be taken on an empty stomach or more than three times a day). If the pain continues, call the dental practice.
- To reduce or avoid swelling, put a bag of ice covered in a towel or a cloth on the outer side of your face (not directly on the skin!), over the extraction site, for the first 12 hours. Put the ice on every 20 minutes, remove it, and repeat for an hour. Repeat the whole process if necessary.
- Eat normally, but avoid foods that are too hot. Cold drinks, ice cream, yoghurt and softer foods are recommended. It is important to drink enough water.
- IF YOU NOTICE ANYTHING UNUSUAL, REPORT TO THE DENTAL PRACTICE IMMEDIATELY