



POST OPERATIVE CARE AFTER EXTRACTION OF TEETH

Always remember a clean and healthy mouth heals more rapidly than a neglected one.

- 1) Do not have anything too hot to eat or drink for 4 - 6 hours after your surgery, as your mouth is numb and you may burn yourself.
- 2) The three days after surgery you can begin to wash your mouth with a solution of salt water after meals - this helps to keep the wound clean.
- 3) It is important to brush your remaining teeth, but avoid the extraction area for a few days.
- 4) It is usual to have some oozing from the operation area for a few hours after surgery, but if severe bleeding occurs, bite down for about 20 minutes on a rolled up piece of gauze – this helps a blood clot form in the tooth socket.
- 5) If antibiotics have been prescribed it is very important that you finish the whole course.
- 6) Stitches usually dissolve in 7 - 28 days.
- 7) Following wisdom tooth extraction you may have some numbness of your lip and tongue on the operation side. This is usually temporary, and you should therefore be careful not to bite your lip and tongue.
- 8) Should you have any pain after your extraction take some painkillers every 4 - 6 hours for a few days (Panadol or Nurofen etc.)
- 9) It is normal after an extraction to notice some sloughing and/or small fragments of bone – no treatment is required for this.
- 10) Smoking delays healing and increases the probability of a post operative infection so it is advised not to smoke for at least 3 days post operatively.
- 11) If you have any queries about your post operative care, do not hesitate to contact us at the practice on **01525 223175**. For out of hours emergencies phone the above number and listen to the recorded message.