



# Instructions following tooth extraction

**Following a tooth extraction there are several instructions you should follow.**

## Today

- A gauze pad has been placed in your mouth to help control bleeding. Bite down firmly on the gauze for 30 minutes before removing.
- Do not rinse your mouth for 24 hours after the extraction as this may disturb the blood clot.
- Do not eat or drink while you are numb. Once the numbness is gone you may eat and drink on the other side of your mouth, but nothing too hot or cold.
- Be careful not to bite your lip or cheek while it is numb.
- Do not drink from a straw as it can disturb the blood clot.
- Rest and avoid physical activities (sport or exercise) for the rest of today.
- Do not drink alcohol for 24 hours.
- Avoid smoking/vaping for 7 days as it delays healing.

## Tomorrow

- Dissolve a half teaspoon of salt in a glass of warm water and gently move the solution around the extraction area and spit out.
- Continue to gently wash the extraction area with salt water solution after meals and before bedtime for 7 days.

## Bleeding

- A small ooze of blood is common in the first 12 to 24 hours.
- If minor bleeding continues, wash hands and place a clean gauze pad or cotton cloth over the area. Bite firmly on the pad for 30 minutes.
- Rest with your head slightly elevated.
- If bleeding persists or is severe, contact your dental clinic. If the clinic is closed please telephone 1800 098 818 between 6:30pm and 8:00am for advice.

## Pain relief

- You may experience pain over the next 3 days. Take a paracetamol pain reliever if required, follow the instructions on the packet.
- DO NOT take Aspirin or Ibuprofen (for example Nurofen) as this may lead to further bleeding.
- Speak to your pharmacist or GP if you have any questions about medication for pain.



## Additional information for Adults following surgical extractions

- Swelling may occur and will reach its peak about 36 to 48 hours after surgery.
- Swelling will start to reduce after 4 - 5 days.
- To help reduce swelling use an ice pack over the swollen area for 20 minutes, remove for 10 minutes then repeat.
- Some bruising may occur as the swelling reduces.
- Sleep with 2 pillows so your head is slightly elevated.
- You may have trouble opening your mouth. This is normal and will become easier as swelling reduces.
- Restrict your diet to fluids and soft foods if necessary. Gradually return to your normal diet over the next week.
- Begin normal brushing as soon as possible.
- Please contact the clinic on the number below if you experience persistent numbness.

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**For further information please discuss with your dental practitioner**