

### **HOME CARE AFTER EXTRACTION**

1. **DO NOT** bite your lip or your tongue while it is still numb.
2. **DO NOT** put your fingers or your tongue in the space where the tooth was removed. Leave it alone.
3. **DO NOT** smoke, drink alcohol, or engage in vigorous activity which may increase your heart rate or blood pressure in the next 24 hours.
4. **DO NOT** spit or rinse your mouth for the next 24 hours.
5. **DO NOT** eat or drink anything for the next three hours.
6. **RELAX** for the rest of the day.
7. It is **VERY IMPORTANT** that you bite firmly on clean gauze folded to make a pad, placed over the socket for three hours and replace the pad every 20 minutes with a new one. If bleeding persists keep biting for a further hour. Ideally it is pressure that will stop the bleeding.
8. **DO NOT** eat any hard, very cold or very hot food for the next 24 hours. You may eat soft foods like yoghurt, rice, etc.
9. Keep away from heat (i.e sun, hot showers) or it will increase the bleeding.
10. 24 hours later you may rinse out your mouth with **warm** salty water ( ¼ teaspoons of salt to a cup of water) 3-4 times a day over the next 3-4 days.
11. If pain persists take 1-2 PANADOL/NUROFEN PLUS tablets every 4 hours.
12. Expect a certain amount of discomfort in the first day, which may increase on day three. After the 4<sup>th</sup> day the pain should reduce. If there is any excessive bleeding or pain please contact the surgery.
13. In case of excess bleeding, excess swelling, difficulty swallowing, call the surgery. If we are not open, go to the nearest hospital. Westmead Hospital is recommended as it has a dental division.

A possible minor complication after an extraction is 'dry socket'. This is where the blood clot in the socket breaks down and is characterised by excessive pain. The exact cause of 'dry socket' occurs for unknown biological reasons however it is thought that non-adherence to the above instructions will predispose to a greater chance of getting a 'dry socket'.