
**42 Mary street
Noosaville 4566**

care instructions for extractions

1. the day of the extraction:

- ➡ do **NOT** rinse with salty water or mouth rinse until the **FOLLOWING** day of the extraction
- ➡ keep the gauze over the socket, keeping pressure on it for at least 25 minutes without disturbing it
- ➡ do **NOT** eat anything while still numb to avoid biting lip or cheek
- ➡ do **NOT** have anything excessively hot or cold to eat or drink for at least 1 hour after extraction
- ➡ it is advised to keep to a soft diet and avoid eating on the area of extraction
- ➡ avoid alcohol and cigarettes or excessive exercise for at least 36 hours after, as this can encourage bleeding and in some cases cause a **DRY SOCKET** (*this is where the blood clot is unable to form and can cause severe pain*)
- ➡ if bleeding occurs at night, use two extra pillows for a higher position than normal

It is normal for slight oozing to occur for 24 – 48 hours after an extraction. You must be aware that there may be a bit of bleeding

2. pain relief:

- ➡ you can take paracetamol or ibuprofen following the recommended dose
- ➡ after difficult wisdom teeth extractions you may need antibiotics. if you need antibiotics, it is important to take a complete course

3. the day after extraction:

- ➡ have a warm salty mouth rinse as often as possible
- ➡ dissolve a teaspoon of salt in a glass of warm water and rinse it around the area of the socket
- ➡ rinse every couple of hours, especially after all meals
- ➡ carry out rinses for about a week

4. you will need to contact the practice if:

- ➡ you can not stop the bleeding after the given time allocated
- ➡ your pain becomes severe and pain killers are not working
- ➡ you have difficulty opening your mouth
- ➡ you still have numbness of the lip/tongue after two (2) weeks

 you feel generally unwell, feverish and your facial swelling is not getting better

For advice during surgery hours please ring: (07) 5474 3131

For advice over the weekend please ring our emergency number: 0417 746 921

There will be a call out fee for this weekend service.

phone: 07 5474 3131

email: reception@simplydental.net.au