



Hospital Lane Dental Clinic

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Post Extraction Instructions

These instructions provide information for the healthy and speedy recovery of an extraction site. Healing is quicker the cleaner the site.

Do Not Rinse For 24 Hours

Rinsing can wash away blood clots and lead to further bleeding and delayed healing. Eat or drink only once the anaesthetic has completely worn off which normally takes 2 to 3 hours. Whilst the area remains anaesthetised there is a risk of biting lips and disturbing the site if eating is undertaken. Start with soft foods and work round to firmer or spicy foods.

Pain Control

It is sometimes a good idea to take **painkillers** like Ibuprofen (Nurofen, Cuprofen) or Paracetamol (Panadol, Solpadeine) **before the anaesthetic wears off** as they can work better at preventing soreness rather than relieving it. Avoid aspirin based painkillers and check your suitability for any drugs. An ice pack placed over the area will reduce pain and future swelling.

Avoid Smoking

Smoking increases the risk of subsequent infection and delays healing.

Avoid Alcohol and Strenuous Exercise.

Both can lead to bleeding and delayed healing.

Bleeding

A degree of blood oozing will occur from the site for the first 24 hours. If fresh bleeding occurs, you should apply pressure to the site with a pack. This is achieved by placing a rolled hankie, cotton wool or linen directly over the site and biting hard. Pressure should be applied for 10-15 minutes and will stop bleeding. This pack should be disposed of safely.

Mouthwash on the Following Day (24 Hours Later)

Rinse out with a hot salt water mouthwash. To prepare this take a teaspoon of salt and place into a cup of tea-hot water, sip and gently bathe the site, spitting out and repeating until the water is finished. This should be performed after every meal, or if soreness occurs, until healing is complete. Healing is quicker the cleaner the site. You can use Retardex or Corsodyl Mouthwash as an effective alternative to the salt water. The other teeth can be cleaned as normal.

Increasing Pain

If increasing pain increases after 2-3 days this could mean an infection of the healing site called a 'dry socket', indicating a need to return to the practice for further treatment. In These circumstances please call the receptionist.

Recovery

Full recovery should take about two weeks.

Main Points after Extractions

- Do not rinse for 24 hours.
- Avoid smoking.
- Avoid alcohol.
- Avoid strenuous exercise.
- Take painkillers before the anaesthetic wears off.
- Ibuprofen is recommended for post extraction pain.
- Place a pack over extraction site for 10-15 minutes to stop bleeding.
- An ice pack over the area reduces pain and swelling.
- Mouthwash with hot saltwater after 24 hours.
- Healing is quicker the cleaner the site.
- Return to the practice if pain increases after 2-3 days.