

Post – Extraction Instructions

Following the surgical removal of a tooth, please pay attention to the following guidelines

- To extract or remove a tooth is a surgical procedure that your body must heal from
- Pain and swelling is to be expected
- The most important part of the healing is to preserve the blood clot in the socket (**hole where the tooth was**)

In order to preserve this blood clot, the following guidelines will help

- i. As far as possible, try and **eat on the opposite side of the mouth** from where the extraction took place.
- ii. **Avoid too hot food and drinks**, as this could make the blood clot “dissolve” too soon.
- iii. **Avoid cigarette smoking**, or any oral nicotine, and also **avoid alcohol** for the first 48 hours.
- iv. Pay attention **not to go into the socket with your tongue**, especially if sutures (stitches) were placed.
- v. Avoid continuously rinsing the mouth, as this might dislodge or dissolve the blood clot. If an oral rinse or salt water was prescribed, gently rinse the mouth after the rinse was kept on the socket for two minutes also be gentle when brushing your tooth for the next 48 hours.
- vi. If bleeding occurs when you leave the surgery, put pressure on the wound. A cotton ball can be used, gauze, a knot in a handkerchief, or a tea bag. Gently bite down, and the pressure should form a new blood clot within a few minutes. If the bleeding persists, make contact with your dentist, GP, or nearest emergency room.
- vii. If sutures (stitches) were placed, it should generally dissolve and disappear within 7-10 days
- viii. Pain medication and anti-biotics will be prescribed if needed, otherwise you may use any pain medication that you have at home which you would generally use when you have a headache.
- ix. An infection, generally known as a ‘dry socket’ will develop with early loss of the blood clot, or when secondary infection develops in the healing wound. This is generally noticed by a very bad odour, and severe pain and or swelling. If this happens, make contact with your treating dentist.

Sources : Prof Kurt.W Butow

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