



# Instructions following extractions

## Today

- > A gauze pack has been placed in your mouth to control bleeding. Keep the gauze firmly in place for at least half an hour.
- > Do not rinse your mouth for 24 hours as this may disturb the blood clot.
- > Do not smoke and do not drink alcohol for 24 hours.
- > After an hour, you may eat and drink on the other side of your mouth, but nothing too hot or too cold.
- > Do not swish food or drink around your mouth, as this may disturb the blood clot.
- > Be careful not to bite your lip while it is numb.
- > Starting tomorrow, dissolve a half teaspoon of salt in a glass of warm water. Bathe the wound by holding the solution briefly in your mouth. Rinse gently with salt water after eating and before bed at night for at least the next five days.

## Bleeding

- > A small ooze of blood is common in the first 12 – 24 hours.
- > If bleeding is heavy or persistent gently rinse your mouth with cool water, then place a clean gauze pack or clean folded 10cm square piece of material over the bleeding area. Do not use a tissue or cotton wool.
- > Bite firmly on the pack for 30 minutes.
- > Rest with your head slightly elevated.
- > If bleeding persists or is severe contact the dental clinic you attended or if the clinic is unavailable, ring the Oral and Maxillofacial Surgery Unit at the Adelaide Dental Hospital on 8222 8220.
- > For severe bleeding after hours, call *healthdirect Australia* on 1800 022 222 for advice on further care options.

## Pain relief

- > You may experience pain over the next few days.
- > Take paracetamol and/or Ibuprofen (i.e.,Nurofen) or similar pain relief if required. Follow the instructions on the packet.  
Please note: Do not take Ibuprofen or Aspirin if you are allergic to these medications, have asthma, reflux or gastric ulcers.
- > For further advice on pain relief, contact the dental clinic you attended or your local doctor.

## Additional information following surgical extractions

- > Swelling is normal and can peak about 36 - 48 hours after surgery.
- > Swelling will start to reduce after 4 - 5 days.
- > If necessary, to help reduce swelling at home place an ice pack over your cheek for 20 minutes. Remove for 10 minutes then repeat as required in the first 24 - 48 hours.
- > Some bruising may occur as the swelling reduces.
- > You may experience difficulty opening your mouth. This is normal and will become easier as swelling reduces.
- > Restrict your diet to fluids and soft foods.
- > Gradually return to your normal diet over the next week.
- > Begin normal brushing as soon as possible.

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## For more information

SA Dental  
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[www.dental.sa.gov.au](http://www.dental.sa.gov.au)



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