

42 Mary Street,
Noosaville 4566
Sunshine Coast

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 cannot 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.