



## Management and Care of an Extracted Tooth

Following extraction of a tooth, specific care should be taken to avoid unnecessary discomfort and to avoid an infected socket. Should you have any concerns following extraction, it is important that you contact the practice and speak with us so we can manage your case exclusively.

### Immediately following extraction:

- **DO NOT** spit or rinse your mouth for the remainder of the day. Vigorous spitting or rinsing may cause the blood clot that is forming in the extraction site to dislodge or dissolve.
- **AVOID** smoking for at least 24-48 hours after your extraction. Smoking can cause a "dry socket". A dry socket is when the blood clot does not form where the tooth has been taken out and is extremely painful, it will generally occur 2-4 days after extraction if the patient has been smoking.
- **AVOID** alcohol. Alcohol will thin the blood and can cause excessive bleeding.
- **DO NOT** take any Aspirin or Aspirin based medications for 24 hours as this may thin the blood and cause excessive bleeding. Panadol and Panadeine should be sufficient. If you feel you need stronger pain relief, please contact us.
- **AVOID** strenuous exercise or anything that may cause your blood pressure to rise; this will also result in excessive bleeding.
- When lying down make sure your head is raised on a pillow.
- Hot foods & hot liquids should be avoided for at least 12 hours.
- If after 20 – 30 minutes the extraction site is still bleeding, apply pressure on the site with a fresh piece of clean gauze for another 20 minutes. Try to limit talking and try to get as much rest as possible. If you find after doing this bleeding still hasn't ceased, put a fresh piece of gauze on a clean plate and stand in the freezer for 20 minutes. Take the gauze out and bite down on it. The cold gauze will constrict the blood vessels and help reduce bleeding.
- Tannins in black tea will help to stop bleeding. If bleeding is persistent, moisten a black tea bag in cold liquid and apply onto socket. Please be gentle when placing tea bag onto wound to avoid unnecessary pressure or trauma to the site.
- You may brush and floss your teeth as normal, however, please take care not to accidentally knock the extraction site with your toothbrush as this will cause it to start bleeding again.

### 48 hours following extraction:

- **VERY IMPORTANT:** Two days after your extraction procedure, rinse gently with warm salty water after every meal. This will help to heal the area and also keep it clean. Keep doing this until the wound is healed. We recommend to mix 1 tablespoon of salt in **WARM** water until it has dissolved completely. Gently rinse around the extraction site for 30 seconds and spit out. You may also use a chlorhexidine based mouth rinse such as savacol.

If you have any questions or concerns, please contact the practice on **3219 4020**. If after hours please leave a message and we will contact you.