

Tooth Extraction Care Instructions

When a tooth/teeth are removed there exits an open tooth socket. It is advisable to look after this socket so it can heal properly.

In some cases the Dentist may place a suture to close this socket. If healing does not happen properly, this results in a dry socket that can be quite painful. Smoking is one of the most common causes for a dry socket, however there are other causes.

Another complication from removing a tooth is continuous and recurrent bleeding from the socket.

ADVICE TO HELP PREVENT THESE COMPLICATIONS

1. Keep pressure on the socket for approximately 15 minutes after the extraction by using a pressure gauze provided, unless, the Dentist says it is not required.
2. Please do not smoke, or at least try, for as long as possible after the extraction visit.
3. Do not spit immediately after the extraction visit. Not only is this a hazard but also could remove the blood clot, causing haemorrhage and delay the healing.
4. Do not do any exercise for the remainder of the day; it could cause the socket to haemorrhage.
5. Refrain from drinking hot beverages for the rest of the day.
6. Refrain from rinsing the socket. Overzealous rinsing can do more harm than good. When cleaning your teeth refrain from using the toothbrush directly on the socket for the first 2-3 days,
7. If the socket continues to haemorrhage, place direct pressure on the site with a folded gauze using a finger. If the bleeding does not stop after 10 minutes please call the Dental Surgery, or otherwise '000'.
8. It is normal for the socket to ooze slightly and for small amounts of blood to be in the saliva for the first day.
9. Any sutures placed within the extraction site will dissolve or fall out automatically, unless otherwise indicated by the Dentist.
10. After 2-3 days, when healing is improving, very gently rinse with lukewarm salt water twice a day.